

Hafa Adai!

'Fam Tour members feel safe, enjoying their stay despite rain.' PAGE 3
High surf, small craft advisory is in effect until Tuesday. PAGE 6

\$1

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXXI, Issue No. 146

www.saipantribune.com

MONDAY JULY 26, 2021

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Rep. Ivan Alafanso Blanco, 45



Blanco

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Guam and others throughout Micronesia joined the people in the CNMI Friday in mourning the sudden passing of Rep. Ivan Alafanso Blanco (R-Saipan), who was described by many as a leader, statesman, a true diplomat, and a dedicated public servant.

» **'A statesman, a true diplomat'**
» **CNMI, US flags are lowered to half-staff**

As a mark of respect for his life and services, all CNMI and U.S. flags in the Commonwealth were lowered to half-staff in all public buildings and grounds in the Com-

monwealth, including at the Juan Atalig Sablan Memorial Building (Legislature), until the day of his interment.

Gov. Ralph DLG Torres announced Blanco's passing in a proclamation issued Friday. Blanco was 45 years old. He reportedly died of natu-

ral causes.

A source at the Department of Public Safety said Blanco, 45, was taken by an ambulance to the Commonwealth Health Center's emergency room where he was later pronounced dead

See IVAN on Page 4

NMI vaccinations now at 70%

» **Road to 80:**
Beware of scammers

By JOSHUA SANTOS
joshua_santos@saipantribune.com
REPORTER

The CNMI reached a milestone last Saturday afternoon, with 70% of its eligible population now fully vaccinated against COVID-19, according to the Commonwealth Healthcare Corp.

Next up for the CNMI is to reach 80%—usually consid-

See NMI on Page 4

COMMUNITY VULNERABILITY

LEGEND:

- Red: Least safe
- Orange
- Yellow
- Blue
- Green: Safest

Source: Office of the Governor

AT A GLANCE

As of 6:50pm, July 25, 2021

VACCINATIONS IN THE CNMI

Eligible Population
Fully Vaccinated: **70.1%**

Days since last community transmission **124**

Pfizer/BioNTech	
Initiated:	27,126
Fully Vaccinated:	25,162
Moderna	
Initiated:	4,254
Fully Vaccinated:	4,005
Janssen	
Fully vaccinated:	527

GUAM	OLD	NEW	TOTAL
Positive	8,500	1	8,501
Recovered	8,298	13	8,311
Active	46	1	47
Deaths	143	0	143

SAIPAN	OLD	NEW	TOTAL
Positive	188	2	190
Traced via Travel Screening	152	2	154
Traced via Community Screening	36	0	36
Deaths	2	0	2

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp.



Colleagues, friends, and family members of Rep. Ivan Blanco (R-Saipan) congregate at the entrance to the Commonwealth Health Center's emergency room late Friday afternoon soon after learning that the lawmaker had been rushed to the hospital.

KIMBERLY BAUTISTA

No one from Korea has tested positive—Muña

By JOSHUA SANTOS
joshua_santos@saipantribune.com
REPORTER

The CNMI added two more persons to its total number of positive COVID-19 cases but

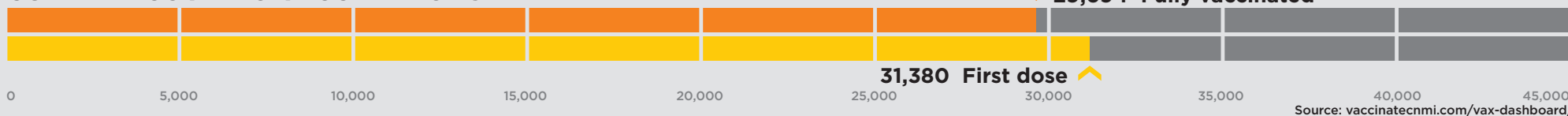
Commonwealth Healthcare Corp. chief executive officer Esther Muña assured that not one of those coming from South Korea has tested positive so far.

CHCC announced yesterday that two additional individuals have tested positive for COVID-19. The two were identified by travel screening and confirmed through

fifth-day testing on July 22 and 24, and have since then been quarantined and actively monitored.

The two individuals bring
See KOREA on Page 4

CURRENT COVID-19 VACCINATIONS



INSIDE



LOCAL

T-Project—a trans-led organization—is growing, with the formation of a junior board.

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LOCAL

The beach pavilion behind Town House in Chalan Kanoa is sporting a new look.

PAGE 5



LOCAL

The Church of Latter Day Saints holds a ground breaking ceremony for a new church.

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Local

Catalma added to NMC's list of NCLEX passers

Maria Clarinda "Grace" Catalma, a 2021 Northern Marianas College nursing graduate, has joined the list of students who have passed the challenging National Council Licensure Examination for Registered Nurses or NCLEX-RN. She is the first in her graduating class to pass this exam.

We are proud of Grace for passing such a rigorous test," said NMC president Dr. Gal-

vin Deleon Guerrero.

The NCLEX-RN exam is used by nursing boards in all U.S. states and territories to award nursing licenses.

Catalma said she went into the nursing field because the feeling of having people trust someone with their health and life is "rewarding."

"To have the knowledge to address their concerns and reassure them is the best feeling in the world,"

Catalma said. "What drove me to keep studying was the thought of people coming to me with questions that I didn't have the answer to. I wanted to keep learning just in case I'll have a patient, or even a friend or family, coming to me for help. I wanted to be able to answer any questions coming my way."

According to Catalma, studying for the NCLEX was different from studying for

classes in college.

"There are no due dates, no assigned quizzes, and no penalty for not studying," Catalma said. "There were days where I would do well with studying, but there were also days where I just wanted to relax. ...It gets lonely, studying and isolating yourself from everyone, but having a supportive system of people by your side, waiting for your success, is really



Catalma

what kept me going.

Catalma also said that NMC gave her the necessary tools in order to prepare for the NCLEX. "We also had two weeks of review with our instructor, Mrs. Lee, which helped me a lot," Catalma said. "Everything I learned from the Nursing program contributed to my passage and I can't thank my instructors enough. I would say NMC definitely did a great job in preparing me for the NCLEX." (PR)

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INVITATION FOR BIDS (IFB)
(This is ad is paid for NMHC with HUD funds)

NMHC IFB 2021-012

BID SUBMISSION DATE & TIME: August 19, 2021, 10:00 a.m.

Vehicle Lease of 2-Pick-up Trucks for the Community Development Block Grant-Disaster Recovery (CDBG-DR) Program

Bid information and packet is available on July 20, 2021, at the NMHC website at www.nmhc.gov.net by clicking on the "Procurement Tab" or at the CDBG-DR website at www.cnmi-cdbgdrr.com.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

Inquiries regarding this bid shall be submitted to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhc.gov.net or facsimile at (670) 234-9021, on or before July 26, 2021, no later than 10 a.m.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman, NMHC Board of Directors



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INVITATION FOR BIDS (IFB)
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NMHC IFB 2021-013

BID SUBMISSION DATE & TIME: August 20, 2021, 10:00 a.m.

Building Maintenance Services for NMHC's Housing Units in Saipan

Project package will be available on July 20, 2021, at the NMHC website at www.nmhc.gov.net by clicking on the "Procurement Tab".

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be held via video teleconferencing on July 27, 2021, at 10:00 a.m. through Zoom Video Communications. Bidders will be provided the video teleconferencing link on the NMHC website at www.nmhc.gov.net. Bidders are requested to submit a notice via email at officemanager@nmhc.gov.net of their intent to participate in the mandatory pre-bid conference at least one (1) day before the conference. Failure to attend the Mandatory pre-bid conference will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhc.gov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman, NMHC Board of Directors

'Fam Tour members feel safe, enjoying their stay despite rain'

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres said Friday that members of the Familiarization Tour, which arrived in the CNMI two Saturdays ago, feel safe in the CNMI and are enjoying their stay despite the rains in last couple of days.

As this developed, citing recent news reports that South Korea has posted a new high number of COVID-19

» Manglona urges COVID-19 Task Force chair to reassess support for travel bubble due to new high in South Korea

cases, Sen. Paul A. Manglona (Ind-Rota) on Friday urged COVID-19 Task Force chair Warren Villagomez to rethink his decision to support the



Torres



Manglona

CNMI-South Korea travel bubble plan.

Speaking at a radio news briefing, Torres said he attended a gathering with the

Familiarization Tour group at Kensington Hotel Saipan last Thursday night and that members of the tour were having an awesome time.

"Just the fact that they are here is a great success for us," the governor said.

He said the travel bubble is happening this week and next week and moving forward, and that the Fam Tour is the

critical part of that program.

Torres said it's great to have the travel agents, YouTubers and other social media-influencers, and a film crew showcasing the CNMI.

"It was really a great evening. They acknowledge how safe we are. That's the reason why they are here. They feel safe," he said.

Quoting tour group members, Torres said they are enjoying their stay here despite the rainy weather in the last

couple of days. "They are very grateful for the partnership and we look forward to a better relationship as well as our tourists coming here," he the governor said.

Marianas Visitors Authority and Commonwealth Ports Authority officials and staff welcomed about 40 members of the Fam Tour at the Francisco C. Ada/Saipan International Airport last July 17.

The Travel Bubble agree-

See FAM on Next Page

T-Project forms junior advisory board

By **JOSHUA SANTOS**
joshua_santos@saipantribune.com
REPORTER

T-Project—a trans-led non-profit organization dedicated to promoting and creating safe spaces for the CNMI's LGBT community—is growing, with the formation of a "junior advisory board" that aims to amplify the voices of the CNMI's youth and have them directly involved in LGBT issues.

The junior advisory board—composed of former Marianas High School Pride Club president Zen Ichiro Tomokane, Jigger Parayaoan, Pettie Lucas, and Keo Ngiracheliong—had its first official meeting last Saturday at Canton Restaurant, together with the T-Project's board members.

T-Project founder Tyra Lyn Sablan said she looks forward to the future programs the junior board will create. She said the junior board's new perspectives will greatly improve T-Project moving forward. "We're really excited because this gives us an opportunity

to amplify the voices of our youth and have them directly involved. ...Our [junior advisory board] members will operate under the banner 'Nothing About Us Without Us.' They'll be the leading authority, and also will give us a fresh and youthful perspective on a lot of programs that we want to launch," said Sablan.

Tomokane, Lucas, and Parayaoan are also excited.

"I'm excited to be part of this as I do have a lot of friends that would love to have this position, [that would] love to have their voices and stories shared. Through my privilege, through being able to be here, and being able to represent them, I'm very excited and



T-Project founder Tyra Lyn Sablan, standing left, secretary Evonne Sablan, treasurer Leah De Perio, and vice president Shawna Indalecio share a photo with junior advisory board members Pettie Lucas, Zen Ichiro Tomokane, and Jigger Parayaoan after their first meeting at Canton Restaurant on Saturday.

JOSHUA SANTOS

voice out their opinions," said Parayaoan.

The junior advisory board will have a variety of responsibilities, such as creating education material about LGBT stigma, developing outreach programs, volunteering at community events to raise awareness, and creating educational social media content suitable for their peers.

I'm very glad that I have an opportunity to do so," said Tomokane.

"I'm so excited, too, because we've never had [anything] like this [before]. It's nice to see that there's a

change, that everyone can be accepted. Growing up, there were a lot of people that were scared to come out. It's a good thing that stuff like [T-Project] is going on," said Lucas.

"This is an opportunity that

not everyone has, and I'm privileged enough to grow up in a household where I'm accepted for who I am. [Many] people don't have that, so I'd love to be the voice for them, amplify their voices, and

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Torres tells skeptics to take a breather

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres said those that are skeptical about his leadership should take a breather and analyze what's going on with the rest of the world and consider how lucky people are in the CNMI.

In response to a question during a radio press briefing last week, Torres said skeptics should take note of the actions he and the administration have been taken during this COVID-19 pandemic and how those ac-

tions have helped keep people in the CNMI safe.

The governor said no one hears him going on and on about what he himself has done. "But I, too, have put my life and my family's life on the edge," he added.

Torres said he was out there every day for every shipment that came in at the onset and at the height of the COVID-19 pandemic.

"I remember my kids asking me,

'Dad why are you going out there? You are telling everybody to stay home why you are going out?'" he

said. Torres explained to his children that their father is in a different position. Torres said if first responders are out there, he wants to make sure that they know that their governor is out there with them.

"And I'm not hiding in my house and waiting six months later and then going out and start



Torres

IVAN

From Page 1

past 1pm Friday.

There has been no official word yet on what caused his death. DPS has yet to release information about Blanco's death as of yesterday.

Saipan Tribune learned that Blanco had just come from a meeting at the Aqua Resort Club Saipan in Achugao and went to his car in the parking lot. An occupant of a vehicle parked next to Blanco saw the lawmaker asking for help as he was gasping for breath.

An ambulance was called, which then transported Blanco to CHC's emergency room.

'A true diplomat'

Guam Gov. Lou Leon Guerrero and Lt. Gov. Josh Tenorio soon issued a statement, saying they are deeply saddened to hear of Blanco's passing.

Leon Guerrero said she is fortunate to have worked alongside Blanco through the Marianas Working Group, strengthening Guam's partnership with the NMI.

"He was a true diplomat, whose commitment to service has bridged communities throughout Micronesia," the governor said.

Tenorio said he and Leon Guerrero join the people of the NMI in mourning Blanco's passing and extend their deepest condolences and prayers to Blanco's wife, Carmen, their children and all his loved ones.

Torres said he and Lt. Gov. Arnold I. Palacios, along with their families and the Commonwealth, also extend their deepest condolences to Blanco's wife Carmen, their children Lilly, JC, +Pierre, Kide, Paige, and the entire Blanco family.

The governor said Blanco was a true statesman in every sense of the title.

"He was humble, intelligent, and

passionate, and he held a deep love for our islands and the people who call them home, especially his beloved Precinct 3," Torres said.

He said Blanco was a gifted communicator that brought people together and knew how to make anyone feel welcome.

The governor said Blanco treated everyone with kindness and respect and worked until his passing day to make a better Commonwealth so that the CNMI's future generations are blessed with an opportunity to have a better life.

In a joint statement, Senate President Jude U. Hofschneider (R-Tinian) and House Speaker Edmund S. Villagomez (Ind-Saipan) said they and the members of the 22nd CNMI Legislature extend their condolences on the passing of Blanco.

First elected into the Legislature in 2016, Blanco served in many different capacities as a member of the House as chairman of the Committee on Judiciary and Governmental Operations in the 20th Legislature and chairman of Ways and Means Committee in the 21st Legislature. Most recently, he served as House minority leader, vice chair of the Ways and Means Committee, and vice chair of the Saipan and Northern Islands Legislative Delegation in this current term.

As a former official in both the CNMI and FSM state governments, Blanco's knowledge of regional affairs greatly assisted his colleagues in fostering working relationships with many different jurisdictions throughout Micronesia, Hofschneider and Villagomez said.

An extraordinary leader

The Office of the House Minority also described Blanco, who was the minority leader, as an extraordinary leader who exemplified passion, commitment, and dedication to pub-

lic service.

The bloc said Blanco served honorably and with utmost distinction. "He was a beloved leader of the Commonwealth and a proud son of Micronesia," the bloc said in a statement.

They also credit Blanco with helping mold a minority family amongst their spouses and children. Shortly after his inauguration, Blanco engineered the minority bloc's first ever Family Fun Day on Managaha.

"And throughout these past six months, we sustained the tradition he loved so much by hosting minority gatherings at our respective residences and at our community project sites," the bloc said. "He's given so much of himself to our islands, and for this, the Office of the House Minority remains committed to honor leader Blanco's legacy of service, of camaraderie, and of love for all in the days and years to come."

The minority bloc said Blanco loved his wife, Carmen Sablan, unconditionally, and was a tremendous father to their children.

"We will miss you. ... We thank you and love you for sharing your life with us and our islands. Rest peacefully," the minority said.

The NMI Judiciary also extended its condolences, describing Blanco's passing as a great loss to the Commonwealth.

The Judiciary said Blanco's character exemplified servant-leadership, compassion, and humility.

"He dedicated his life for the betterment of our people. The Judiciary is profoundly grateful for his support of the Judiciary's mission in protecting the people's rights and liberties," the Judiciary said.

'An incredible example'

Members of the 18th CNMI Youth Congress also issued a statement, describing Blanco as "a beloved col-

The two scammers' accounts have since been reported to Facebook and have been banned from the Road to 80 Facebook page.

Ruszala said there is a "silver lining" to the ordeal: While it was unfortunate that there are now some scammers preying on Road to 80 supporters, it was the collective effort and the vigilance of the community that weeded out these scammers.

Road to 80's Facebook page, and its post about the two scammers, can be found at <https://www.facebook.com/roadto80cnmi>.

criticizing. No, I'm out there with them, whether it's with the nurses, doctors, or first responders," the governor said.

He said the community knows that he put in time and effort to address this pandemic for the community and, as the lieutenant governor of then-governor Eloy Inos, he was also handling Super Typhoon Yutu's recovery in 2015.

Then, right as the CNMI's tourism industry was starting to boom—"Definitely our GDP started to rise amongst the world"—that's when the CNMI got hit by Typhoon Mangkhut and Super Typhoon Yutu.

Torres said people saw the CNMI bounce back with the help of federal partners and its friendship with the armed services and reservists. "We handled Super Typhoon Yutu and Mangkhut extremely well," he said.

With this pandemic, Torres said, the CNMI has only one shot to do it right. He said they made it right in the beginning with bold actions—"actions that I made and the administration and, of course, everyone that's involved."

Torres said he also protected those that are skeptical or are criticizing his administration during this pandemic. "I'm happy to do so," the governor added.

league, team leader, and statesman."

Youth Congress acting speaker Liekeila'akata T. Iakopo said Blanco played a vital role in her and Youth Congress member Sen. Easton Dela Cruz's leadership development.

"Rep. Blanco was a true leader and set an incredible example for the community and communities across the Pacific," Iakopo said.

She said Blanco helped to spearhead many fundraising campaigns to assist those displaced by disasters in Palau and the Federated States of Micronesia and was at the helm of coordinating efforts with relief workers from these areas deployed to the CNMI in the aftermath of Super Typhoons Soudelor and Yutu.

She said Blanco, or Jimbo as he was affectionately called, graduated at the top of his class at Xavier

High School in Chuuk in the Federated States of Micronesia and eventually becoming a public official for the FSM national government. Upon moving to the CNMI, Iakopo said, Blanco worked for the Department of Commerce before joining the Office of the Governor under the Grants Management Office. He eventually became press secretary under the late governor Eloy S. Inos and incumbent Gov. Ralph DLG Torres.

In 2015, Blanco entered the political arena when he ran and won a seat in the House of Representatives. He was re-elected twice to represent the residents of Election District 3.

Others that also expressed condolences was the cohort of Executive Leadership Development Program of the U.S. Department of the Interior and the Graduate School USA that Blanco participated in.

KOREA

From Page 1

the CNMI's total number of positive cases to 190 since March 28, 2020.

Responding to a Saipan Tribune inquiry, Muña said that no individuals from South Korea arriving in Saipan have tested positive for COVID-19 so far. "The cases are from the United flight. Non- (sic) from Korea has tested positive," said Muña on Sunday.

A batch of 40-plus YouTube influencers and media personnel from

South Korea arrived in Saipan on July 17 as part of a familiarization Tour, to promote a Travel Bubble between Saipan and South Korea. It was previously reported that close to 60 participants have already confirmed their participation in the CNMI Travel Bubble. The CNMI's first batch of travel bubble tourists arrived on Saipan last Saturday, July 24 with another flight arriving on July 29. The three approved Korean airliners who are part of the travel bubble are Asiana Airlines, Jeju Air, and T'way Air.

FAM

From Page 3

ment between the CNMI and South Korea took effect last July 1, facilitating the resumption of air travel between the two destinations during the COVID-19 pandemic.

Separately, in a letter Friday to Villagomez, Manglona said while he understands the reasoning behind the government's effort and eagerness to restart tourism, the COVID-19 conditions in South Korea have changed drastically since the travel bubble plan's initial negotiations.

Manglona said the news as reported by regional and national media outlets about a new high number of COVID-19 cases in South Korea is alarming.

The senator said that, based on Korea Disease Control and Prevention Agency data, less than 13% of the country's population have been fully vaccinated. "This makes the travel bubble very worrisome and disturb-

ing," he said.

Manglona noted that South Korea increased last Monday its social distancing regulations to Level 4 in the Seoul metropolitan area due to the spread of the highly contagious delta variant.

He said the rate of delta variant in domestic infections in South Korea reached 33.9%, up from 23.3% a week earlier.

"It was only 2.5% in late June. It is estimated that, in the coming weeks, the delta variant will be the most dominant COVID-19 variant in South Korea," the senator said.

Manglona said that only a little over 50% of the NMI population is fully vaccinated. "While those of us who are fully vaccinated may not panic, we cannot be complacent. We have to be concerned about our children under 12 years of age and those of us not fully vaccinated," he said.

The senator said there are still too many uncertainties about these highly contagious COVID-19 variants.

NMI

From Page 1

ered the threshold for herd immunity—and the push toward that goal is the focus of the vaccination campaign Road to 80, which has thus far awarded thousands of dollars in raffle prizes. with many more prizes lined up in the future.

As Road to 80 has quickly begun picking up steam, it has also begun attracting the attention of scammers who hope to give unsuspecting people false hope that they have

won prizes.

In a Facebook post on Saturday, Road to 80 warned its followers of two individuals who were posing as Road to 80 representatives in the comment section of its own social media posts. The two individuals would reply to unsuspecting people, and ask that they contact the scammer to learn more about how to claim their "prize."

Road to 80 raffle host Brad Ruszala said Saturday that it was the followers of the campaign's Facebook page that brought the scammers to Road to 80's attention.

Saipan Centennial Lions Club beautifies adopted pavilion

By JOSHUA SANTOS

joshua_santos@saipantribune.com
REPORTER

The beach pavilion behind Town House Furniture and Appliances along Sugar Dock Beach in Chalan Kanoa is sporting a new look—spanking new tiles that give it a finished and clean look.

The Saipan Centennial Lions Club, which has adopted the pavilion and has committed to its upkeep and beautification, recently added tiles to the table and benches of the pavilion.

In an email to *Saipan Tri-*

bune on Thursday, the club's immediate past president, Arceli Lizama, highlighted that it was club members Rolly Bermiso, Mario Buela, Juanito Sarmiento, and Ricardo Ortiz who spearheaded the project. Lizama further shared that she and club vice president Ruth Reyes supervised the project.

In a separate email, current club president Maria Javier said she “would like to extend her [utmost] gratitude to all members who contributed their talent, time, and service to the community.”



CONTRIBUTED PHOTO
The pavilion in Chalan Kanoa located behind Town House Furniture and Appliances and along Sugar Dock Beach sports a new look, thanks to the Saipan Centennial Lions Club, which adopted the pavilion. The group recently added tiles to its benches and table. Club members Rolly Bermiso, Mario Buela, Juanito Sarmiento, and Ricardo Ortiz spearheaded the project.

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The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be held via video teleconferencing on July 27, 2021, at 2:00 p.m. through Zoom Video Communications. Bidders will be provided the video teleconferencing link on the NMHC website at www.nmhc.gov.net. Bidders are requested to submit a notice via email at officemanager@nmhc.gov.net of their intent to participate in the mandatory pre-bid conference at least one (1) day before the conference. Failure to attend the Mandatory pre-bid conference will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhc.gov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/ Jesse S. Palacios
Corporate Director

/s/ Merced "Marcie" M. Tomokane
Chairwoman, NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION
P.O. Box 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp | Website: http://www.nmhc.gov.net

REQUEST FOR PROPOSALS (RFP)

NMHC RFP 2021-015
BID SUBMISSION DATE & TIME: August 23, 2021, 10:00 a.m.

"Financial and Compliance Audits For Fiscal Years Ending September 30, 2021 and 2022"

The Proposal Packet is available on July 21, 2021 at the NMHC website at www.nmhc.gov.net by clicking on the "Procurement Tab".

Inquiries regarding this RFP shall be submitted in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhc.gov.net or submitted via by facsimile to (670)234-9021, no later than 10:00 A.M. local time on July 28, 2021.

A Pre-Proposal Conference will be held via video teleconferencing on July 28, 2021, 2:00 p.m. through Zoom Video Communications. Offerors will be provided the video teleconferencing link on the NMHC website at www.nmhc.gov.net. We request from offerors to submit a notice via email at officemanager@nmhc.gov.net of their intent to participate in the mandatory pre-proposal conference at least (1) day before the conference.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or via email at officemanager@nmhc.gov.net during regular business hours, 7:30 a.m. - 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/ Jesse S. Palacios
Corporate Director
Northern Marianas Housing Corporation (NMHC)

/s/ Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

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IT&E



COMMUNITY BRIEFS

High surf expected until Tuesday

A high surf advisory is in effect across the CNMI until 10pm Tuesday.

Based on the information received from the National

Weather Service in Guam and compiled at the CNMI Emergency Operations Center State Warning Point, hazardous surf of 9 to 12 feet on Saipan and Tinian, and 8 to 11 feet on Rota are present along west-

facing reefs. This creates dangerous swimming and surfing conditions and localized beach erosion. Large breaking waves can knock you down and cause serious injuries. Strong rip currents can drag you out to sea.

Increasing westerly mon-

soon swell will cause surf to continue building along west facing reefs. Hazardous surf is expected in Guam beginning last night.

The public, beachgoers, and mariners are being reminded to continue to exercise precautionary measures when entering the water. Inexperienced swimmers should remain out of the water due to dangerous surf conditions. Avoid venturing near reef lines facing west. **(PR)**

which means a small craft advisory remains in effect until 6am Tuesday.

Based on the information received from the National Weather Service in Guam and compiled at the CNMI Emergency Operations Center State Warning Point, southwest winds of 15 to 25 knots, gusts of up to 30 knots, and seas of 7 to 10 feet are present in Tinian and Saipan coastal waters. Conditions will be hazardous to small craft. **(PR)**

duct training throughout the island on Department of Defense installations in the vicinity of Radio Barrigada, Dandan-Malojloj, South Finegayan, Agat Bay, Outer Apra Harbor, Farallon de Medinilla, and in the open ocean through Aug. 31.

Residents in the areas surrounding the training exercises should not be alarmed if they hear or see increased activity. Additionally, marine vessels are advised to monitor the U.S. Coast Guard broadcast Notice to Mariners for advisories and remain clear of the areas for the duration of the events. **(PR)**

**DEPARTMENT OF PUBLIC WORKS
CNMI GOVERNMENT**

**INVITATION TO BID
ITB NO.: DPW21-ITB-031**

SUBMISSION DATE: August 23, 2021 TIME: 10:00 A.M.

“Rehabilitation of Existing Airfield Runway Phase 1, Shomushon, Pagan”

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE TECHNICAL SERVICES DIVISION, DEPARTMENT OF PUBLIC WORKS, LOCATED ON SECOND FLOOR, OLEAI JOETEN COMMERCIAL CENTER, SAN JOSE, SAIPAN, DURING REGULAR WORKING HOURS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

The project package will be available on or after **July 23, 2021** at Technical Services Division, Department of Public Works, located on Second Floor, Oleai Joeten Commercial Center, San Jose, Saipan. A non-refundable payment of **One Hundred Dollars (\$100.00)** is required for each set. Payment must be made to the CNMI Treasurer and a receipt of payment must be presented when obtaining the Scope of Work at the DPW Technical Services Division.

There will be a Pre-bid Conference for this project on **August 10, 2021**, 9:00 a.m. local time at the **DPW Conference Room, Oleai Joeten Commercial Center, Saipan**. The Prospective bidders are encouraged to familiarize themselves with the site. All question regarding this project must be submitted in writing no later than 4:30 p.m. local time on **August 17, 2021** to **Ms. Lorraine S. Villagomez, Acting Director of Technical Services Division**, 2nd Floor, Oleai Joeten Commercial Center, Saipan or fax to (670) 234-3547. Response to questions shall be shared with prospective bidders.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ JAMES A. ADA
SECRETARY, DPW

/S/DAVID DLG. ATALIG
SECRETARY OF FINANCE

Sheryl Suwei
P.O. Box 506577, Saipan MP 96950
(670) 483-0293
Pro Se

**IN THE SUPERIOR COURT
OF THE
COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS**

In the Matter)
of the Petition for)
the Adoption of:)
W.M.W and) FCD-AD
J.M.W.) CIVIL ACTION
(Child's New Name –) NO. 21-0126
INITIALS ONLY))
Minor Child) NOTICE OF
By:) HEARING
Schneider Ongiil and)
Sheryl Suwei)
Petitioners)

Notice is hereby given that the above-entitled matter is set for a hearing on August 04, 2021 at 9:00 a.m. in Courtroom 217A before Associate Judge Teresa Kim-Tenorio.

Dated this 11th day of June, 2021.

Patrick V. Diaz
Clerk of Court
/s/ By: Deputy Clerk of Court

Small craft advisory in effect until Tuesday

Seas and winds are expected to peak before slowly subsiding today into Tuesday,

Military trainings continuing

ASAN, Guam—Military units will continue to con-

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We are looking for an energetic, assertive and self-motivated individual to work directly with the President of the company in a dynamic setting. The right person must have the confidence to actively network and be an effective liaison on behalf of the company; be comfortable expressing ideas, concepts and ideas for the improvement of the company & customers; and also have the ability to adapt and respond effectively to company and customer needs. Full or Part-time applicants welcome.

Applicant Must

- Have excellent written and verbal communications skills.
- Have the ability to work independently and be a self-starter.
- Be competent with Word, Excel and PowerPoint and with website and social media management and editing.
- Be able to organize, compile & interpret data
- Have reliable transportation during working hours
- Be a US Citizen or Green Card applicant

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islandtrainingsolutions@gmail.com.
Island Training Solutions**

Christine Keolani Funkugub
P.O. Box 503603 CK,
Saipan MP 96950
588-1194

Pro Se

**IN THE SUPERIOR COURT
FOR THE
COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS**

In the Matter)
of the Petition) FCD CN
for the Change) CIVIL ACTION
of Name of:) NO. 21-0279
Christine Keolani)
Sablan Funkugub) NOTICE OF
Petitioner) HEARING

Notice is hereby given that the above-entitled matter is set for a hearing on October 18, 2021 at 9:00 a.m. in Courtroom 217A, before Associate Judge Teresa Kim-Tenorio.

Dated this 15th day of July, 2021.

Patrick V. Diaz
Clerk of Court
/s/ Deputy Clerk of Court

**Commonwealth Utilities Corporation
Office of the Executive Director**

REQUEST FOR PROPOSALS CUC-RFP-21-016

SUPPLY, INSTALLATION AND COMMISSIONING OF A 1.5 MW TRAILER MOUNTED DIESEL GENERATING SET WITH ENCLOSURE FOR THE CUC POWER PLANT NO. 3, SAIPAN, CNMI

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified firms for the Supply, Installation and Commissioning of a 1.5 Mega Watt Trailer Mounted Diesel Generating Set with Enclosure for the CUC Power Plant No. 3 Saipan, Commonwealth of the Northern Mariana Islands.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one RFP package set. The RFP package consisting of the specifications and plans for the project, will be provided in a CD or emailed to the registered email ID. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

One (1) original and five (5) hard copies, along with an electronic copy of the proposal on a compact disk in PDF format or USB Drive, must be submitted in a sealed envelope marked **“CUC-RFP-21-016, Supply, Installation and Commissioning of a 1.5 MW Trailer Mounted Diesel Generating Set with Enclosure for the CUC Power Plant No. 3, Saipan, CNMI”** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than July 30, 2021 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

A Proposal Guarantee of not less than fifteen (15%) percent of the total proposal price must accompany the proposal. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety.

A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) of the total proposal price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

Offerors are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All Offeror are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services.

All responses to this RFP should take into account any and all taxes, including excise tax, which will become the obligation of the proponent awarded a contract. Successful proponents will be required to submit a copy of a valid CNMI Business license in compliance with the Contractor's Registration and Licensing Laws of the Commonwealth of the Northern Mariana Islands, upon award of the contract. The Contractor and all subcontractors will be obligated to pay wage rates not less than the current CNMI minimum wage, prevailing through the period of contract, as indicated in the web page: <https://marianaslabor.net/>. The proponents shall be required to comply with all applicable CNMI and Federal Laws.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on July 14, 2021** to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to CUC's Water Utility Coordinator, Yvonne C. Ogumoro via email address yvonne.ogumoro@cucgov.org, CUC's Power Generation Manager, Richard Cano via email address richard.cano@cucgov.org and Christie Sablan, CUC's Senior Purchasing Technician via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

WILLIAM B. GILMORE
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator

**JOB OPENING:
SECONDARY SCHOOL TEACHER
EUCON INTERNATIONAL SCHOOL
EUCON INTERNATIONAL SCHOOL**

Duties:

- Provide instruction at the Secondary School level in the following classes: Fundamental Math, Algebra I and Geometry.
- Create lesson plans for high school mathematics classes that are appropriate for the age and abilities of the students in the class.
- Evaluate student performances in class and on tests and provide feedback.
- Assign special projects to students.
- Communicate students' progress to parents, particularly regarding students who need tutoring or other extra assistance.
- Provide appropriate resources and learning materials for students.
- Identify varying teaching methods that work best for students who learn differently.
- Develop and update curriculum for the classroom.
- Conduct research.
- Encourage creativity in students.
- Ensure that computer equipment is functioning properly.
- Maintain accurate records of students' progress in class and on examinations.
- Keep order in the classroom and handle student behavior issues in accordance with school system policies.
- Maintain an orderly classroom stocked with appropriate supplies.
- Run the classroom within the allocated budget.
- Keep all classroom work backed up.
- Ensure that the internet in the classroom is used only for appropriate educational purposes.
- Post grades and sends grade reports to parents as required by the school system.

Other requirements:

Baccalaureate Degree: Liberal Arts, Stemsience, Nursing or Engineering — ability to communicate and interact with students and parents — ability to encourage and motivate students — basic computer skills and ability to utilize Microsoft software —

Work Location: Eucon International School, Kulales Place, Chalan Pale Arnold Road, Gualo Rai Mail Address: P.O. Box 500087, Saipan, MP 98950
E-Mail address: hr@eucon.edu
Tel# 1670 234 3203

ROBERT T. TORRES
ATTORNEY AT LAW
Plata Drive, Whispering Palms (Chalan Kiya)
P.O. Box 503758 CK, Saipan, MP 96950
Tel: (670) 234-7859 | Facsimile: (670) 234-5749
Attorney for Petitioner Merced Cepeda Santos

**IN THE SUPERIOR COURT FOR
THE COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS**

IN THE)
MATTER OF) CIVIL ACTION NO. 21-0216
THE ESTATE OF)
ROSALIA) NOTICE OF HEARING AND
SANTOS) NOTICE TO CREDITORS
CEPEDA,)
Decedent.) JUDGE: Joseph N. Camacho

TO: THE GENERAL PUBLIC, ANY HEIRS, CLAIMANTS, OR CREDITORS OF THE LATE ROSALIA SANTOS CEPEDA OR HER ESTATE:

NOTICE IS HEREBY GIVEN that MERCEZ CEPEDA SANTOS has petitioned the Superior Court of Northern Marianas Islands to ADMIT ESTATE INTO PROBATE AND APPOINTMENT OF ADMINISTRATRIX for the Estate of Rosalia Santos Cepeda, the deceased. The attorney for Petitioner is Robert T. Torres, Attorney at Law, whose address is Plata Drive, Whispering Palms (Chalan Kiya) P.O. Box 503758, Saipan, MP 96950.

The hearing on the Petition is scheduled to be heard on the date at the time set forth above at the Superior Court of the Commonwealth of the Northern Marianas Islands. All interested persons and entities should appear at the hearing.

Any and all persons, creditors, or entities having claims against the deceased or her Estate are hereby required by the law to file their claims with the Clerk of Court within sixty (60) days of this publication or claim(s) will be barred. A copy of your claims should also be sent to **ROBERT T. TORRES**, Attorney at Law, at the address herein-above indicated.

Respectfully submitted this ___ day of July 2021.
/s/
CLERK OF COURT/SEPUTLY CLERK

VACCINATION FOR EDUCATION

HAVE YOU GOTTEN YOUR COVID-19 VACCINE YET?

In our efforts to return to face-to-face classes beginning the School-Year 2021-2022, the **Public School System is HIGHLY RECOMMENDING** for students **12 years old and above** to **GET VACCINATED** before the **FIRST DAY OF SCHOOL**.

First day of school is on August 18, 2021.

Vaccinated students will have the chance to win \$500 cash prizes and smartphones with free one-year contracts.

What You Need to Do: Students who completed their COVID-19 vaccination record cards must submit them to their School Registrars by August 17, 2021 before noon to be entered into the raffle.

Winners will be announced on the PSS social media official pages (Facebook, Instagram, and Twitter) on August 18, 2021.

www.cnmipss.org

**I have received mine.
When will you receive yours?**

Where will I go to get vaccinated?

SAIPAN - MULTI-PURPOSE CENTER

(ages: 12 and over)

- **Monday** — 8:00am to 5:30pm (last call)
- **Tuesday** — 8:00am to 5:30pm (last call)
- **Wednesday** — 8:00am to 5:30pm (last call)
- **Thursday** — 8:00am to 5:30pm (last call)
- **Friday** — 8:00am to 5:30pm (last call)
- **Saturday** — 8:00am to 3:30pm (last call)

SAIPAN - POP-UP LOCATION

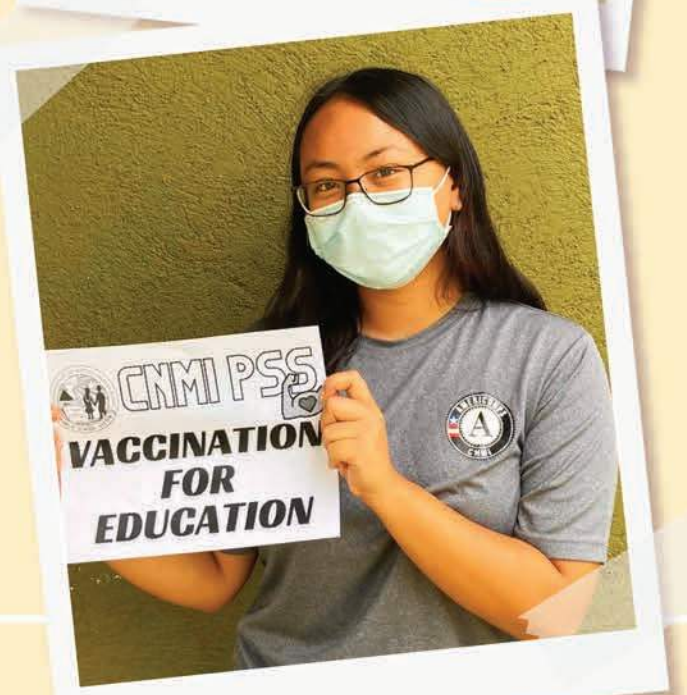
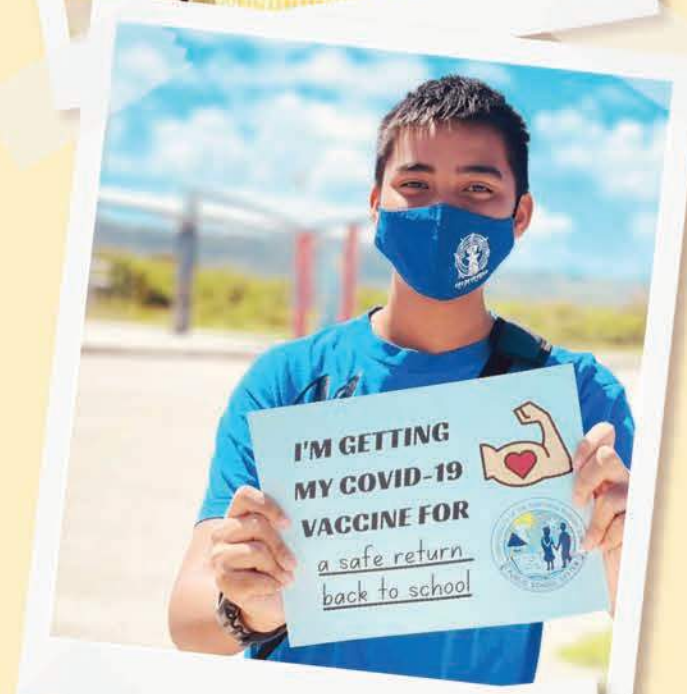
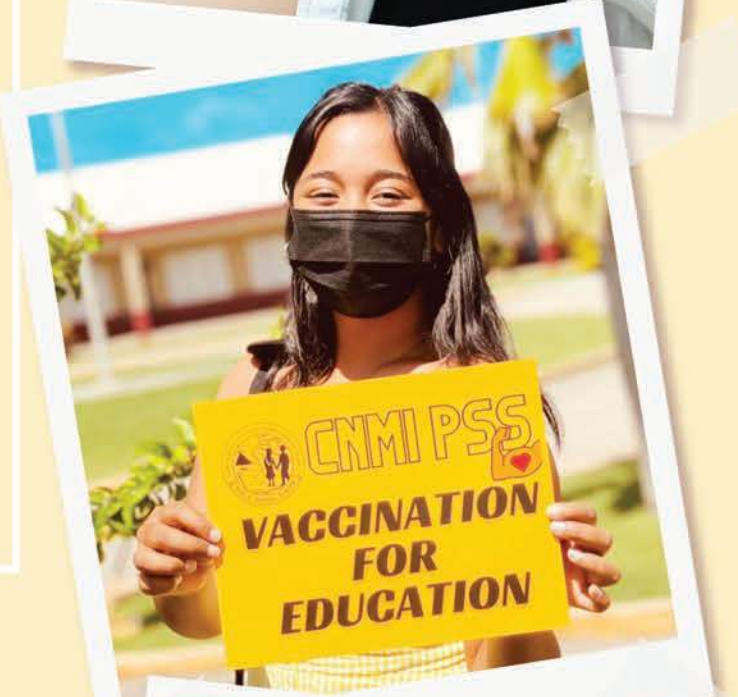
Civic Center - MVA's Summer Jam Event | Saturday, 07/31
(Ages 12 and over)
3:00pm - 8:30pm (last call)

TINIAN

Tinian Health Center | Tuesday 07/27 (Ages 12 and over)
8:30am to 2:00pm (last call)

FOR REGISTRATION & MORE INFORMATION

Please visit vaccinatecnmi.com or call (670) 682-SHOT (7468)



Opinion

Hafa Adair

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXXI, Issue No. 146

Published daily at 2/F JP Center,
Beach Road, Garapan, Saipan, CNMI
Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

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AP The Associated Press

Pacific Islands News Association

EDITORIAL

Climate change is driving extreme floods, wildfires and heat. Will the world meet the moment?



The summer isn't even halfway through and it's already proved to be a season of deadly extremes. In a little over a month, four major heat waves have broiled the Western United States, including record-shattering triple-digit temperatures in Oregon and Washington that caused hundreds of heat-related deaths.

Wildfires are again tearing through the West, burning hundreds of thousands of acres in California, Oregon and British Columbia in Canada. The fires are so massive that smoke has traveled all the way to the East Coast, prompting health warnings in Connecticut and Maryland and turning the skies above New York City hazy and red.

And from Germany to China, extreme flooding has caused death and destruction. At least 180 people in Germany, Belgium and the Netherlands were killed last week when two months' worth of rain fell in two days, causing floods and mudslides. In the central Chinese province of Henan, at least 33 people died after riders were trapped on a subway amid catastrophic flooding after torrential rains.

These terrifying scenes from across the globe have long been predicted by scientists studying our warming planet. Higher temperatures would lead to more heat waves and droughts in some areas that would fuel bigger, more frequent wildfires. In other areas the warmer climate would trap moisture in the atmosphere, leading to heavier rainfall

See CLIMATE on Next Page



MIKE SMITH L.A. TIMES/7/20/21 DIST. BY KING FEATURES SYNDICATE/ANAS

JUST INCORRECTLY



Eric Clapton's not God, just another vile anti-vaxxer

The music people adore when they're young often crystallizes their identities and unlocks oceanic feelings. It's easy to latch onto certain songs, become defensive about their brilliance and refuse to let go.

For many rock fans—white men especially—a mighty object of youthful adoration is Eric Clapton, the heavily decorated rock musician.

Clapton, who is 76, has been in the news this week—not for rock-godderly but his reckless anti-vax rhetoric. His dangerous stance on vaccines has forced yet another conversation about the importance of “separating the music from the man.”

Fans have started to argue again that Clapton was such a Michelangelo in music with songs such as “Layla,” “Cocaine” and “Wonderful Tonight” that his grave misconduct can never make them question his work.

Some seem further to have internalized the creed that “Clapton is God”—apparently without knowing that Clapton himself has suggested that the meme, which was spray-painted all over London in the mid-1960s, was invented by a Yardbirds promoter.

For these believers in Clapton's divinity, you can criticize the man—and there is more than anti-vax politics to object to—but hands off the music.

This misses the point. In Clapton's case, the music and the man are one and the same—arrogant performances of “iconoclasm” that appeal chiefly to young, self-doubting minds eager for outlaw heroes. The Clapton package hit the spot at a certain hormonal stage of life. But then you grow out of it, especially as both the music and persona curdle.

Throughout the pandemic, Clapton has joined in criticism of the COVID-19 lockdown, as if governments were just 1960s priggish parents grounding kids for smoking grass.

He played on an anti-lockdown track by fellow science-denier Van Morrison. Then he started citing nutjobs and YouTube videos as evidence of conspiracies around the pandemic.

But Clapton also chose to get vaccinated. (It's almost as if he didn't want to contract a deadly disease.)

After his second shot, he alleged that the vaccine left him with a 10-day flare-up of pain in his hands and feet, possibly—he implied—related to the peripheral neuropathy he suffers from. Neuropathy is the result of an injury to the nerves. It can be caused by alcoholism. Clapton has long admitted his alcoholic history.

On Wednesday, Clapton announced that he won't play in venues that require audiences to show proof of vaccination. Clearly old Slowhand is willing to create superspreader events, secure in the knowledge the coronavirus is unlikely to infect him.

Republican Sen. Ted Cruz of Texas, who, like Clapton, is vaccinated, immediately tweeted his admiration: “Bravo, Eric Clapton. Artists should defend individual Liberty.”

Here we go. Vaccinated celebrity-types discouraging vaccination for the masses. Worse: making vaccine hesitancy seem he-

By **VIRGINIA HEFFERNAN**

Los Angeles Times

Virginia Heffernan is a columnist for the Los Angeles Times.



roic, a revolt against tyranny. For art. And just as the delta variant delivers death around the world.

Nostalgia keeps Clapton the guitar hero from being dismissed as a public health hazard. He should have been pulled off his pedestal long ago.

Nearly from the start, Clapton revealed himself as racist, violent and now anti-science, and you can't separate that from the “Clapton is God” package.

This is not to say that everyone who likes Clapton's music shares his views. It's to say that Clapton the delirious soloist has always been striking the same chords as Clapton the anti-vax preacher.

There are decades of vileness that have been overlooked or rationalized.

There was that time in 1968 that Clapton damned Jimi Hendrix in Rolling Stone, using a casual racist slur and citing vulgar racist nonsense as the source of Hendrix's appeal as a sexual fetish object.

There was the time in 1976 that Clapton announced at a concert, again with racist slurs, that he wanted to “keep Britain white” and to deport all Black people.

And of course there's the time in 1999 when Clapton told the London Sunday Times that fueled by drugs and alcohol he abused the model and photographer Pattie Boyd in the 1980s, when they were married. “I took sex with my wife by force and thought that was my entitlement,” he said.

Now Clapton, with his dangerous vaccine ideology, seems to be taking a life-or-death public health matter by force, and thinking it's his entitlement.

In the Guardian in 2018, critic Neil Spencer praised Clapton's music as “dazzling” and full of “caustic brilliance,” cautioning against putting too much stock in his “poor behaviour and assorted addictions.”

“One must trust the art, not the artist,” Spencer wrote.

Dazzling and brilliant are generic words of praise, and clearly in the ears of the beholder. But “caustic” means corrosive. If Clapton's music is corrosive, certainly so are his actions and ideologies. They're all of a piece.

With Clapton, it seems time to trust both the art and the artist—and both seem to be begging (on their knees) to enter retirement.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Space, the final frontier

We generally think of conflict, war, and violence between nations as something that takes place on land, at sea, or in the air. The same general perspective also extends with how we think about business and commercial activities.

These days, we should think about or reconsider the importance of how war and peace is managed and fought in the realms of information, cyberspace, and space, because these are the places where warfare is taking place now. Space is of particular importance because of its unique combination of characteristics and risks that affect us all.

Present day vulnerabilities and critical infrastructure

There are many reasons why what is in the sky is of utmost importance. One quarter of the world's nations engage to some degree in space-based endeavors that includes the manufacturing, support, management and launching of satellites and associated resources.

There are limited amounts of area above the earth that satellites can occupy that produce benefits to citizens worldwide. There is also much debris floating above the earth that could potentially damage or destroy satellites in space. International law does not adequately address the various concerns posed by nation state governments, who are all trying to protect their inventories of active satellites.

American military satellites are vulnerable to damage and destruction through the use of anti-satellite weaponry by China or Russia. Space-based resources enable 21st century society to more fully operate and flourish. These and other factors are what constitute international critical infrastructure.

Guam and the Northern Marianas Islands

Military and commercial vessels that come to the Port of Guam, for example, rely on space-based systems to navigate to and from the Marianas.

Blue continent civilizations such as ours depend on space-

based navigation systems to safely take us to and from Saipan, Guam, Tokyo, Manila, Honolulu or elsewhere on commercial aircraft. The ability to know real-time weather patterns is predicated on the use of satellites that provide coverage above our island chain and Micronesia.

Phone conversations are enabled through space-based assets and trillions of dollars of business is conducted through space-based communications equipment and supporting infrastructure every year.

Without satellites in space, things would be different.

America's renewed military pivot into space

Because of all the commercial and military activity now associated with space, it makes sense to find ways for wealthy nations to find ways to protect their interests and prestige more effectively. For the United States in particular, this prompted the creation of the Space Force, which was established two years ago by former President Donald Trump.

The goal of the Space Force is to reconstitute and streamline how American military resources are arranged and managed when it comes to all things space-related. If the United States does nothing, it risks losing any advantage it has in space to nations such as China or Russia. Thus, billions of dollars have been and are being spent to establish and grow this new military organization, which buys assets to launch satellites, spacecraft, military decision-making command and control infrastructure components, related ground equipment and support personnel.

Military spending in the United States is complemented by substantial corporate money that is being deployed toward the production of space-based dual use technology. Companies are also competing to win federal government contracts associated with space and satellite activities as opportunities continue to flourish.

What Guam and the Northern Marianas should expect in terms of space frontiers

Whether we support, oppose, or don't care about the military build-up in the Marianas Islands, space-based civilian and military assets of the United States enable all of us to carry out our daily work tasks and live our lives in the digital communications ecosystem.

Many of the underlying infrastructure frameworks needed for the military to perform operational missions can only take place with high-technology componentry found in all domains, including space. Nations close to the Marianas, which include Japan, China, and Russia, are leading the way in space-related spending, as is the United States.

Thus our region of the world will determine how develop-

We are People First

By GREG BORJA

SPECIAL TO THE SAIPAN TRIBUNE

July 26, 2021, marks the 31st anniversary of the Americans with Disabilities Act, or ADA. The ADA, in my opinion, is the greatest piece of civil rights legislation created for people with disabilities. Basically, the ADA prevents discrimination based on disability in areas such as employment; access to government services and programs; and access to businesses throughout our community.

I have learned that one way to ensure people with disabilities are treated equally is through the use of People (or Person) First Language. The idea is to place the importance of an individual on them as a person first, not based on a diagnosis or impairment. When we put the person first, we are showing persons with disabilities the dignity and respect we each have as members of our community and that we are PEOPLE.

Person First language came around in the '80s in an attempt to "create a more equitable society," (Kirszenbuam, 2015). It was a way for citizens to move away from the use of derogatory words used to describe people with disabilities. This movement led us as a society to move away from the use of hateful, hurtful words like crippled, crazy, retarded, or handicap. When we refer to others by these terms, we are not showing dignity and respect as a person.

The use of People First language can come with ease after regular use. Instead of saying, "the blind man or the wheelchair-bound girl," we can say, "a man who is blind or the

RICK'S COLUMN

By RICK PEREZ

Special to the Saipan Tribune



Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

ments in space unfold in the future. Our region is the bellwether in terms of how powerful nations engage each other in space. This is of utmost importance to all of us.

What our ancient Marianas Islands chain does for military and commercial clients interested in space

Our island chain further enables military and contractor personnel to engage in spy activities in ways, for example, that help provide early warning coverage of attacks from medium to long-range conventional and nuclear missile strikes. The Marianas is a necessary piece of the broader American missile defense network currently being constructed throughout Guam and Micronesia.

Guam and the Northern Marianas Islands are also near the equator. This fact allows for satellite launches to take place in almost any direction because of in-place protocols to launch rockets from aircraft flying over the ocean. In addition, Antonio Borja Won Pat International Airport will also benefit as it moves toward also being a spaceport launch site for Virgin Orbit. Virgin Orbit's presence in northern Guam gives the military and commercial interests a place to initiate satellite launches from commercial aircraft.

STEM opportunities for the Marianas

These broad developments line up well with efforts made by Mariana's lawmakers and educators who are interested in training young people in STEM-related disciplines. The hope here is that kids will be able to fill many important and key roles in Guam's future space launch industry, which is constantly evolving as technology and preparing for war change.

With thousands of satellites in space and the need for societies to operate in space, it makes sense that our Chamorro Pacific Islander civilization pays close attention to the military race in space because it will impact us all.

girl who uses a wheelchair." We should remember that a word like handicap is defined as "to put at a disadvantage" (Merriam-Webster). This a term used in sports, like golf, and should not be used to describe people or things. Even the term "Handicapped Parking" is improper, as the parking space is used for the accessibility of people with disabilities and should instead be called "Accessible Parking," but I digress as this is a topic for another day.

The use of people first language was emphasized with the creation of the ADA in 1990, in which it looked at us as Americans with disabilities, again putting people first. During that same year, other laws were given a facelift using People First language, such as the Education for All Handicapped Children Act having its name changed to the Individuals with Disabilities Education Act, or IDEA.

When, as a community, we use words that do not show each other the dignity and respect we deserve, it may lead to disparate treatment, stigma, and/or discrimination based on disability. After 31 years of the ADA being in our lives, I find it important to support our community members with disabilities and think of them as People First.

If you or someone you know has been discriminated against based on disability, contact the Northern Marianas Protection & Advocacy Systems, Inc. at 235-7273/7274 or visit us online at www.nmpasi.org.

Greg Borja is program manager of the Northern Marianas Protection & Advocacy Systems, Inc.

CLIMATE

From Page 8

during storms.

Climate change is making normal weather events—heat waves, droughts, rainstorms and hurricanes—more extreme and more devastating to communities unprepared for the onslaught. What's most frightening, however, is that extremes are happening faster than many predicted or wished. It's clear that the world is running out of time to slow the devastation.

The impacts of climate change are undeniable. So why are the world's developed countries still slow-walking efforts to wean their economies off fossil fuels and slash the greenhouse gases responsible for climate change?






Last year, a United Nations report warned that the world needs to triple promised reductions in carbon emissions to limit global warming to 2 degrees Celsius to prevent dire consequences, including famine and widespread flooding. But, according to another U.N. report, instead of cutting fossil fuel production, countries were planning to increase production.

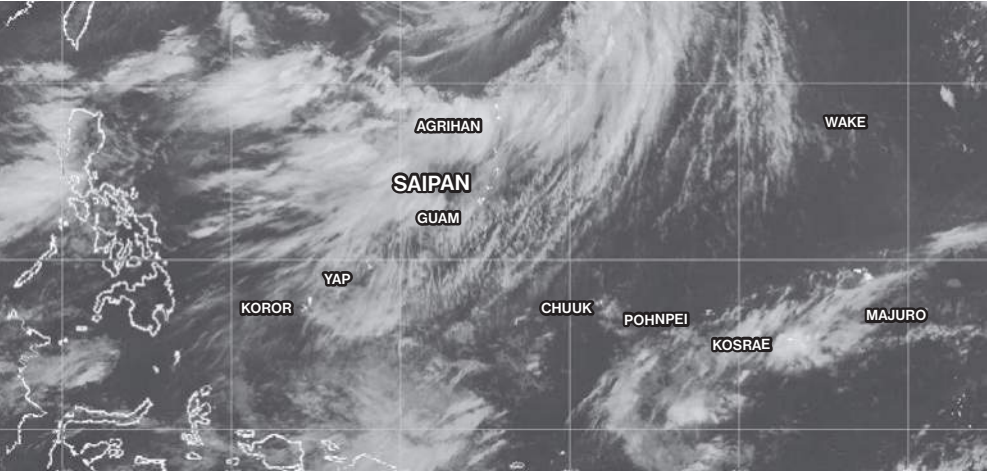
Few corners of the U.S. have been spared the impacts of extreme weather, yet members of Congress are still squabbling over funding for clean energy projects and reducing the nation's dependence on fossil fuels. President Biden has proposed an expansion of funding and programs to curtail oil and gas production, promote zero-emission vehicles and invest in renewable energy. But Biden needs a cognizant, cooperative Congress to make these long-term shifts in policy stick.

The European Union and China have also proposed sweeping plans to curtail emissions. The EU is considering legislation to phase out gasoline and diesel cars and impose tariffs on imports from polluting countries. China announced plans for a cap-and-trade-like system for high-polluting companies in the country; companies would ratchet down emissions over time. But there is no guarantee these proposals will come to fruition or quickly deliver emissions reductions.

As the last few weeks have shown, there's no time to waste. The summer has already given a terrible glimpse of the future if we don't change course now.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
Mostly cloudy. Isolated showers and thunderstorms in the morning, then scattered showers and isolated thunderstorms in the afternoon. Southwest winds 15 to 20 mph.		Mostly cloudy with isolated showers. Slight chance of thunderstorms. South winds 10 to 15 mph.		Mostly cloudy with scattered showers and thunderstorms.		Mostly cloudy with scattered showers and isolated thunderstorms.		Mostly cloudy with scattered showers and isolated thunderstorms.	
86°	76°	84°	76°	84°	76°	84°	76°	84°	76°
YESTERDAY'S SATELLITE IMAGE									



PICTURE TIME: 10:18 AM, SUNDAY, JULY 25, 2021

Western North Pacific between equator and 25N from 130E to 180.

After some late night showers, a small break in clouds opened up over the islands, but additional showers are seen just west of the islands and making their approach. The regional pattern is much the same, dominated by the southwesterly monsoon with moderate to fresh winds over the Marianas. Latest altimetry data show seas continuing their steady climb with an O8Z pass indicating 10 ft seas west of Saipan and 8 ft seas west of Guam.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.


- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html>
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
 - Choosing a room in your house that can be used to separate sick household members from others.
 - Washing your hands often with soap and water for at least 20



seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561. These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mp and, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html> and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

MICRONESIA			▲▼°F
Guam and Rota	Thunderstorms	87° / 79°	
Palau	Thunderstorms	83° / 77°	
Yap	Thunderstorms	85° / 80°	
Chuuk	Showers	87° / 80°	
Pohnpei	Showers	86° / 77°	
Kosrae	Showers	86° / 77°	
Majuro	Rain	85° / 81°	

DAY	SUNRISE	SUNSET
Today	5:57 AM	6:49 PM
Tuesday	5:58 AM	6:48 PM
Wednesday	5:58 AM	6:48 PM
Thursday	5:58 AM	6:48 PM
Friday	5:58 AM	6:47 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	7:44 AM	8:48 PM
Tuesday	-	8:40 AM	9:29 PM
Wednesday	-	9:33 AM	10:07 PM
Thursday	-	10:22 AM	10:44 PM
Friday	-	11:11 AM	11:19 PM

AROUND THE GLOBE			▲▼°F
Auckland	Rain	57° / 50°	
Beijing	Thunderstorms	82° / 75°	
Hong Kong	Thunderstorms	90° / 82°	
Honolulu	Partly Cloudy	87° / 75°	
London	Partly Cloudy	72° / 55°	
Los Angeles	Sunny	86° / 71°	
Manila	Thunderstorms	88° / 79°	
Melbourne	Partly Cloudy	59° / 41°	
Miami	Thunderstorms	86° / 82°	
New York	Mostly Sunny	89° / 70°	
Osaka	Partly Cloudy	91° / 75°	
Paris	Cloudy	81° / 59°	
Busan	Partly Cloudy	84° / 75°	
Rome	Sunny	99° / 73°	
Salem	Partly Cloudy	88° / 69°	
San Francisco	Mostly Sunny	64° / 56°	
Seoul	Thunderstorms	93° / 75°	
Tokyo	Mostly Cloudy	81° / 70°	
Washington, DC	Mostly Sunny	89° / 71°	

TIDES: SAIPAN HARBOR TODAY			FEET
12:42 AM	Low Tide	1.48	
5:38 AM	High Tide	2.19	
1:12 PM	Low Tide	-0.40	
8:28 PM	High Tide	2.11	

FLIGHT SCHEDULE AS OF JULY 1, 2021

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	6:30am	7:10am	1, 3, 5, 6, 7	UA174	4:50am	5:31am	1, 3, 5, 6, 7
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	6:30am	8:50pm	5 via Guam	UA184/174	9:50pm	5:31am+1	5 via Guam
UA117/183	6:30am	9:10pm	3, 7 via Guam				
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
UA183	6:55pm	8:50pm	5	UA184	9:50pm	4:05am+1	5
UA183	7:15pm	9:10pm	1, 3	UA184	10:25pm	4:20am+1	1, 3

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA				1202	8:00	8:15	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1203	9:00	9:15	Daily
1301	8:30AM	9:00AM	Daily	1204	10:00	10:15	Daily
1302	11:00AM	11:30AM	Daily	1205	11:00	11:15	Daily
1303	1:30PM	2:00PM	Tues/Wed/Thurs/Fri	1206	12:00	12:15	Temporarily Unavailable
1304	3:30PM	4:00PM	Daily	1207	13:00	13:15	Temporarily Unavailable
ROTA TO SAIPAN				1208	14:00	14:15	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1209	15:00	15:15	Daily
3101	9:30AM	10:00AM	Daily	1210	16:00	16:15	Daily
3102	12:00AM	12:30AM	Daily	1211	17:00	17:15	Daily
3103	1:30PM	3:00PM	Tues/Wed/Thurs/Fri	1212	17:00	17:15	Temporarily Unavailable
3104	4:30PM	5:00PM	Daily				
ROTA TO GUAM							
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2101	7:30	7:45	Temporarily Unavailable
3401	12:15	12:45	Temporarily Unavailable	2102	8:30	8:45	Daily
2103	9:30	9:45	Daily	2104	10:30	10:45	Daily
2105	11:30	11:45	Daily	2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable	2108	14:30	14:45	Daily
2109	15:30	15:45	Daily	2110	16:30	16:45	Daily
2111	17:30	17:45	Daily	2112	18:30	18:45	Temporarily Unavailable
2112	18:30	18:45	Temporarily Unavailable				
SAIPAN TO TINIAN							
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY				
1201	7:00	7:15	Temporarily Unavailable				

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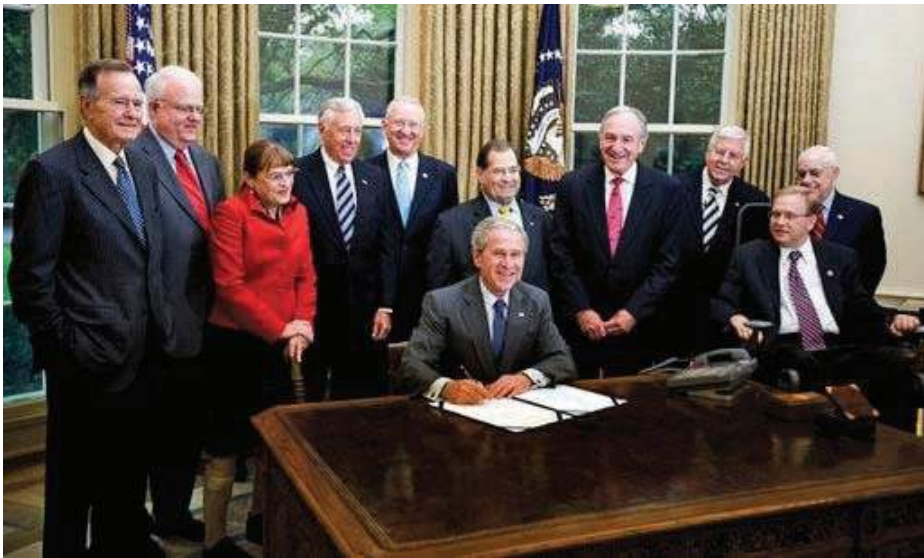
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ADA 31



Americans with Disabilities Act

Celebrate the ADA! July 26, 2021



The Americans with Disabilities Act (ADA) celebrates its 31 years of protecting the rights of people with disabilities. Here are 31 facts about this landmark law and local services:

1. The ADA was signed into law on July 26, 1990 by President George HW Bush
2. The amendments for the ADA were signed by his son, George W. Bush

Title I: EMPLOYMENT

3. Helps people with disabilities access the same employment opportunities and benefits available to people without disabilities.
4. Applies to employers with 15 or more employees.
5. Requires employers to provide reasonable accommodations to qualified applicants or employees. A "reasonable accommodation" is a change that accommodates employees with disabilities so they can do the job without causing the employer "undue hardship" (too much difficulty or expense).
6. Defines disability, establishes guidelines for the reasonable accommodation process, and addresses medical examinations and inquiries.
7. Regulated and enforced by the U.S. Equal Employment Opportunity Commission

Title II: PUBLIC SERVICES

8. Prohibits discrimination on the basis of disability by "public entities" such as state and local government agencies.
9. Requires public entities to make their programs, services and activities accessible to individuals with disabilities.
10. Outlines requirements for self-evaluation and planning; making reasonable modifications to policies, practices, and procedures where necessary to avoid discrimination; identifying architectural barriers; and communicating effectively with people with hearing, vision and speech disabilities.
11. Regulated and enforced by the U.S. Department of Justice.

Title III: PUBLIC ACCOMMODATIONS

12. Prohibits places of public accommodation from discriminating against individuals with disabilities. Public accommodations include privately owned, leased or operated facilities like hotels, restaurants, retail merchants, doctor's offices, golf courses, private schools, day care centers, health clubs, sports stadiums, movie theaters, and so on.
13. Sets the minimum standards for accessibility for alterations and new construction of commercial facilities and privately owned public accommodations. It also requires public accommodations to remove barriers in existing buildings where it is easy to do so without much difficulty or expense.
14. Directs businesses to make "reasonable modifications" to their usual ways of doing things when serving people with disabilities.
15. Requires that businesses take steps necessary to communicate effectively with customers with vision, hearing, and speech disabilities.
16. Regulated and enforced by the U.S. Department of Justice.

Title IV: TELECOMMUNICATIONS

17. Requires telephone and Internet companies to provide a nationwide system of interstate and intrastate telecommunications relay services that allows individuals with hearing or speech disabilities to communicate over the telephone.
18. Requires closed captioning of federally funded public service announcements.
19. Regulated by the Federal Communication Commission.

Title V: MISCELLANEOUS

20. Contains a variety of provisions relating to the ADA as a whole, including its relationship to other laws, state immunity, its impact on insurance providers and benefits, prohibition against retaliation and coercion, illegal use of drugs, and attorney's fees.
21. Provides a list of certain conditions that are not considered disabilities.


Transportation

22. Public Transportation offered by a state or local government is covered by Title II of the ADA. Publicly funded transportation includes, but is not limited to, bus and passenger train (rail) service. Rail service includes subways (rapid rail), light rail, commuter rail, and Amtrak.
23. If transportation is offered by a private company, it is covered by Title III. Privately funded transportation includes, but is not limited to, taxicabs, airport shuttles, intercity bus companies, such as Greyhound, and hotel-provided transportation.
24. The U.S. Department of Transportation, Federal Transit Administration releases information, guidance and regulations on transportation and the ADA.

NORTHERN MARIANAS PROTECTION & ADVOCACY SYSTEMS, INC (NMPASI)

25. NMPASI is the state designated agency that protects the civil, legal and human rights of people with disabilities in the CNMI
26. NMPASI uses laws like the ADA to provide for these protections
27. NMPASI administers eight (8) federally funded programs that address the needs of different populations of people with disabilities
28. NMPASI provides advocacy services in investigating, negotiating, and/or mediating problems presented by eligible people with disabilities
29. NMPASI provides information, referral, and/or technical assistance to individuals with disabilities, government agencies, services providers, and other advocacy organizations
30. NMPASI provides legal counsel and/or litigation services to persons and/or groups who are eligible for services
31. NMPASI can be reached at (670) 235-7273/7274 or online at www.nmpasi.org and @nmpasi670.





COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS (CNMI)
OFFICE OF THE GOVERNOR
DEPARTMENT OF PUBLIC LANDS (DPL)
Tel.: (670) 234-3751 • Website: www.dpl.gov.mp • Email: dpl@dpl.gov.mp

NOTICE OF INTENT TO LEASE PUBLIC LAND

In accordance with Section 106 (b) of Public Law 15-2, the Department of Public Lands hereby gives notice of its intent to lease certain public land in Saipan, Commonwealth of the Northern Mariana Islands. Any interested parties of the general public may submit comments, data, views, or arguments of alternative proposals for the lease of the public land. As further provided by Public Law 15-2, the following pertinent information is required to be published.

i.

The proposed lease of public land is described as Tract 21662 containing an area of approximately 44,350 square meters, more or less, situated in Garapan, Saipan. A copy of the location of the parcel is available at the Department of Public Lands and website www.dpl.gov.mp for inspection.

ii.

The prospective lessee is Saipan Portopia Hotel Corporation dba Hyatt Regency. The lists of officers for Saipan Portopia Hotel Corporation dba Hyatt Regency are Hitoshi Nakauchi, President, Nonuhiko Ikemoto, Secretary/Treasurer and Nick Nishikawa, as General Manager.

iii.

The proposed lease is compliant with DPL regulations and was negotiated by Mr. Nick Nishikawa.

iv.

The lessee shall use the premises solely for the purpose of operating a Hotel Resort Complex.

The term of the public land lease agreement is 40 years.

The proposed annual rental during the term of the lease agreement is based on a percentage of the appraised fair market value of the property plus the applicable percentage of Business Gross Receipts in DPL's regulation.

v.

A copy of the proposed lease agreement may be obtained at the office of the Department of Public Lands, located on the 2nd floor of the JoetenDandan Commercial Building in Dandan, Saipan; 1st floor of the De'Ana Commercial Building, Songsong Village, Rota; or the 1st floor of the Kings Commercial Building, Tinian. A copy will also be available online at www.dpl.gov.mp

vi.

The Department of Public Lands has received no alternative proposals to lease the subject public land in Lower Base, Saipan.

vii.

The Secretary of the Department of Public Lands shall accept written comments, views, arguments or alternative proposals from interested parties on or before, August 3, 2021, 2021 at the Department of Public Lands offices located in Saipan, Rota or Tinian.

NUTISIAN INTENSION PARA U MA'ATKILAI TĀNU' PUPBLIKU

Sigun gi Seksiona 106 (b) gi Lain Pupbluku 15-2, i Dipattamentun Tanu' Pupbluku mannānā'i nutisia guini put i intension-ñihapara u ma'atkila metton na tanu' pupbluku giya Saipan, Commonwealth gi Sangkattan na Islas Mariānas. Maseha hāyi na pattida ni intrisao gi halum henerat pupbluku siña muna'hālum upiñon, imfotmasion, pat testimoniu kinontra gi tinahguin prinoponi siha para i atkilon nu i tanu' pupbluku. Kumu mapribeni mās mo'na ginin i Lain Pupbluku 15-2, i tinattitii pettanesi na imfotmasion manisisisa para u mapupblika.

i.

I maproponi na atkilon tanu' pupbluku madiskribi kumu Tract 21662 ni konsisisti kási 44,350 square meters, mās pat menus, ni gaigigi hālumGarapan, iya Saipan. I kopian pāttin i lugāt managuaha gi ufisinan Dipattamentun Tanu' Pupbluku yan i website gi www.dpl.gov.mp para inspeksion.

ii.

I prospective lessee sa i Saipan Portopia Hotel Corporation dba Hyatt Regency. I listan ufisiāt siha para i Saipan Portopia Hotel Corporation dba Hyatt Regency si Hitoshi Nakauchi, Presidenti, Nonuhiko Ikemoto, Sekritāriu/Tresurāru yan si Nick Nishikawa, komu Henerat Maniya.

iii.

I maproponi na atkilon ha tattitii i regulasion DPL siha yan ginin manegosiuni as Siñot Nick Nishikawa.

iv.

I lessee debi na u usa i lugāt put atyu ha' na rason nu i kinalamtin Hotel Resort Complex.

I tema nu i maproponina kontrātan atkilon sa kuarenta (40) ānus na tiempu.

I maproponi na atkilon gi kada' sākkan gi durāntin teman kontrātan i atkilon mapega gi putsientunu i bālin "appraised fair market" i propiedat yan i aplikao na putsientu nu i Business Gross Receipts gi halum i regulasion DPL.

v.

I kopian nu i maproponi na kuntrātan atkilon siña machuli' gi ufisinan i Dipattamentun Tanu' Pupbluku, ni gaigi gi sigundu (2nd) na bibiendan i Joeten Dandan Commercial Building iya Dandan, Saipan, primet (1st) na bibiendan i De'Ana Commercial Building, iyaSongsong Village, Luta; pat i primet (1st) na bibiendan i Kings Commercial Building, giya Tini'an. I kopia debi lokkui' na managuaha online gi www.dpl.gov.mp

vi.

I Dipattamentun Tanu' Pupbluku tāya marisibi ni hāfa na tinahguin inofresi siha ni para u ma'atkila i suhetu na tanu' pupbluku gi Lower Base, iya Saipan.

vii.

I Sekritārian Dipattamentun Tanu' Pupbluku debi na u aksepta tinigi' upiñon, imfotmasion, testimoniu kinontra pat tinahguinprinoponi siha ginin i manintrisao na pattida siha gi pat āntis di Augusto dia Tres Benti Uno, gi ufisinan Dipattamentun Tanu' Pupbluku siha ni gaigi giya Saipan, LutapatTini'an.

ARONGORONG REEL MÁNGEMÁNGIL POMMWOL ATKILÓÓNOL FALUWEER TOULAP

Sángi Tálil 106 (b) reel Aléghúl Toulap 15-2, Bwulasiyol Ammwelil Faluweer Toulap e attotoowowa rongorong reel igha re mángemángil rebwe atkilaay akkáaw faluweer toulap loll Seipél, Commonwealth Téel Falúw kka Efáng Ilól Marianas. Schóókka re mwuschel isisilong kkapas, data, views, ngäre angieingi reel pommwol atkiloónol faluweer toulap. Eyoor sáangi Aléghúl Toulap 15-2, arongorong ikka e amwirimwiritw ebwe akkatéewow.

i.

Pommwol atkiloónol faluweer toulap e bwaáól bwe Tract 21662 ebwe bwaábwe 44,350 reel square meters, elapelóng áreeghus, iye e lo Arabwal, Seipél. Pappidil falúw yeel eyoor me Bwulasiyol Ammwelil Faluweer Toulap me bwal wóól website me www.dpl.gov.mp ngäre u Mwuschel amwuri.

ii.

Pommwol school atkiloón nge Saipan Portopia Hotel Corporation dba Hyatt Regency. List-al officers ngáli Saipan Portopia Hotel Corporation dba Hyatt Regency nge Hitoshi Nakauchi, President, Nonuhiko Ikemoto, Sekkretóoriyo/Treasurer me Nick Nishikawa, nge General Manager.

iii.

Pommwol atkiloón nge e angúungú fengál me mwóghutughutúl DPL me e abwungubwung sáangi Mr. Nick Nishikawa.

iv.

Schóól atkiloón ebwe yááyá falúw ngáli mwóghutughutúl Hotel Resort Complex.

Pommwol abwungubwungúl Atkiloónol Faluweer Toulap nge fáaigh ráágh.

Pommwol atkiloónol ghal ráághatol abwungubwungúl atkiloón nge e lo reel "percentage" sáangi "appraised fair market value" reel falúw fengál me "applicable percentage of Business gross Receipts" loll mwóghutughutúl DPL.

v.

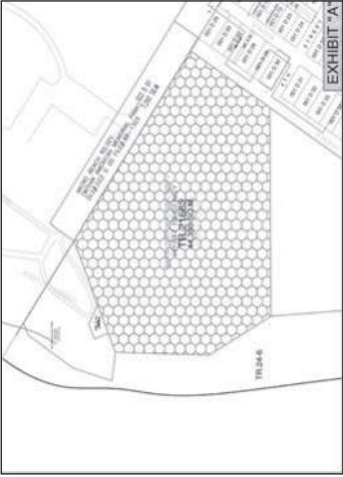

Pappidil pommwol abwungubwungúl Atkiloón emmwel ubwe bweibwogh mereel Bwulasiyol Ammwelil Faluweer Toulap, iye e lo 2nd floor reel Joeten Dandan Commercial Building, Seipél; 1st floor reel De'Ana Commercial Building, apilómwol Songsong, me Luuta; ngäre 1st floor reel Kings Commercial Building, Tchiliyól. Ebwal yoor pappidil mille online me www.dpl.gov.mp


vi.

Bwulasiyol Ammwelil Faluweer Toulap rese bweibwogh pommw iye re siwelíngáli atkiloón iye e lo weiláng reel faluweer toulap me Navy Hill, Seipél.


vii.

Sekkretóoriyal Bwulasiyol Ammwelil Faluweer Toulap emmwelil bweibwogh ischil mángemáng, views, angii ngäre pommiye re siwelí sáangi schóókka re mwuschel wool ngäre mmwalil Elune Elerra Ruwangaras Ruweigh me Eew, me Bwulasiyol Ammwelil Faluweer Toulap me Seipél, Luuta, ngäreTchiliyól.





Commonwealth Utilities Corporation
Office of the Executive Director



REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAESP-21-030

A&E DESIGN SERVICES FOR AGINGAN WWTP IMPROVEMENTS (S20-080)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for the Design Services of the Agingan Wastewater Treatment Plant Improvements in Agingan, Saipan, Commonwealth of the Northern Mariana Islands.

This project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one package set.

A **Mandatory Pre-Proposal Conference followed by site visits** will be held on **July 26, 2021 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and Five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked **“CUC-RAESP-21-030, A&E Design Services for Agingan WWTP Improvements”**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) on August 16, 2021. Late submissions and conditional proposals will not be considered.**

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.


All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAESP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on August 2, 2021** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Mr. Larry Manacop, CUC Water/Wastewater, Acting Chief Engineer – via email larry.manacop@cucgov.org; Westen Knudsen, Water/Wastewater Engineer – via email westen.knudsen@cucgov.org and Ms. Marcela Tenorio, Administrative Technician Senior – via email marcela.tenorio@cucgov.org.


CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

WILLIAM B. GILMORE
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator



Commonwealth Utilities Corporation
Office of the Executive Director



REQUEST FOR ARCHITECTURAL AND ENGINEERING SERVICES
CUC-RAESP-21-029

A&E DESIGN SERVICES FOR THE SADOG TASI WWTP UPGRADE (S20-078)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for the Design Services of the Sadog Tasi WWTP Upgrade in Sadog Tasi, Saipan, Commonwealth of the Northern Mariana Islands.

This project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one package set.

A **Mandatory Pre-proposal Conference followed by site visits** will be held on **July 22, 2021 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and Five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked **“CUC-RAESP-21-029, A&E Design Services for the Sadog Tasi WWTP Upgrade”**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) on August 13, 2021. Late submissions and conditional proposals will not be considered.**

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.


All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAESP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on July 29, 2021** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Mr. Larry Manacop, CUC Water/Wastewater, Acting Chief Engineer – via email larry.manacop@cucgov.org; Westen Knudsen, Water/Wastewater Engineer – via email westen.knudsen@cucgov.org and Ms. Marcela Tenorio, Administrative Technician Senior – via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

WILLIAM B. GILMORE
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator



NMPASI
NORTHERN MARIANAS PROTECTION & ADVOCACY SYSTEMS, INC.

JOB ANNOUNCEMENT

JOB DESCRIPTION
POSITION:
PAY-LEVEL:
REPORTS TO:
DEADLINE FOR APPLICATION:

CLIENT ADVOCATE
P.L. 22 / STEP 1-10
PROGRAM MANAGER
AUGUST 9, 2021

OVERVIEW:

This is a non-exempt position for non-legal advocacy on behalf of clients with disabilities primarily on Saipan and should participate in general outreach activities in the community. The Client Advocate reports to the Program Manager and works within prescribed NMPASI standards, policies and procedures with some latitude for independent action.


MINIMUM QUALIFICATIONS:

- ✓ An Associate Degree (A.A. or A.S.) in any related field or no less than 60 credit hours from a post-secondary school; and
- ✓ Two (2) years of experience that demonstrates a thorough understanding of the principles and practices of the work in protection and advocacy systems or other related fields.


HOW TO APPLY:

Interested applicants may pick up a complete job description and application forms at the NMPASI office located on middle road approximately 100 yards north of the Gualo Rai traffic light intersection. Completed application packets must be submitted to the NMPASI Executive Director at the NMPASI Office. In order for applications to be considered they must include (1) a Cover Letter, (2) a Resumé, (3) Completed Application forms. Incomplete applications and/or applications which do not demonstrate that the applicant meets minimum qualifications as listed above or do not meet the deadline for submittal will not be considered. For further information, please feel free to contact Mr. James Rayphand at (670) 235-7273/4 [voice] / 235-7278 [tty] or email at jrayphand@nmpasi.org. Deadline for submission of application will be August 9, 2021 at 3:00 p.m.

NMPASI IS AN EQUAL OPPORTUNITY EMPLOYER



PUBLIC HEARING ANNOUNCEMENT



The Department of Community & Cultural Affairs – Low Income Home Energy Assistance Program (LIHEAP) will hold Public Hearing on;

DATE	TIME	ISLAND	VENUE
AUGUST 06, 2021	5:00-6:00 PM	ROTA	SINAPALO YOUTH CENTER
AUGUST 04, 2021	4:00-5:00 PM	TINIAN	TINIAN PUBLIC LIBRARY
AUGUST 03, 2021	5:00-6:00 PM	SAIPAN	KAGMAN COMMUNITY CENTER

The purpose of this public hearing is to engage public participation and comments on the implementation of the Fiscal Year 2022 LIHEAP Model Plan to the U.S. Department of Health and Human Services (HHS) for *eligible* household in the CNMI.

Copies of the LIHEAP Model Plan and the Agenda of the public hearing will be available for public inspection beginning, Friday, July 30, 2021. Copies may be picked up at the office for Persons wishing to schedule testimony or receive a copy of the LIHEAP Model Plan should contact DCCA-LIHEAP office at 664-2574/2578.

Public Comments are due by Wednesday, August 25, 2021. You may submit your written comments via dcca.gov.mp or the contacts listed below:


Mailing Address:
Department of Community & Cultural Affairs
Low-Income Home Energy Assistance Program
Caller Box 10007, Saipan MP 96950

Contact #:
DCCA-LIHEAP 664-2574/2578 • DCCA Secretary's Office 664-2577/2587/2588


Email Address:
Resel Billy, LIHEAP Coordinator (resel.billy@liheap.gov.mp)
Joseph P. Deleon Guerrero, DCCA Secretary (repdlguerrero@gmail.com)

/s/ Reselann T. Billy-Magofna
LIHEAP Coordinator

/s/ Joseph P. Deleon Guerrero
DCCA Secretary



Commonwealth of the Northern Mariana Islands
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp • Website: http://www.nmhcgov.net



PUBLIC NOTICE

This Notice is paid by NMHC with HUD funds.

NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS 07/13/2021

Government of the Commonwealth of the Northern Mariana Islands
Northern Marianas Housing Corporation
Saipan, MP 96950 | Tel: (670) 234-9447/6866

This notice shall satisfy the above-cited two separate but related procedural notification requirements.

REQUEST FOR RELEASE OF FUNDS

On or after July 28, 2021, the Government of the Commonwealth of the Northern Mariana Islands will submit a request to the U.S. Department of Housing and Urban Development, Washington D.C., for the release of Community Development Block Grant Disaster Recovery (CDBG-DR) Supplemental Appropriations for Disaster Relief Act, 2019 P.L. 116-20, enacted on January 27, 2020, announced via Federal Register Notice, to undertake the following activity and purposes in Saipan, Commonwealth of the Northern Mariana Islands:

Project/Activity Type	Purpose	Location	Total Project Cost
Replacement of existing/collapsed Vitrified Clay Pipe (VCP) sewer line with a new SDR 35 PVC pipe. The replacement of existing/collapsed VCP sewer line runs from Apengagh St. and Wischira Way (Oleai Village) as well as replacement of two sewer manholes.	Oleai Sewer Line Replacement Project	San Jose, Saipan	Approximately \$469,000.00

FINDING OF NO SIGNIFICANT IMPACT

The Government of the Commonwealth of the Northern Mariana Islands has determined that the above-listed projects will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) and is ready for public viewing on the Northern Marianas Housing Corporation (NMHC) website at www.nmhcgov.net or www.cnmi-cdbgdr.com; or you may visit the on file at the NMHC Central Office in Garapan, Saipan or NMHC CDBG-DR Office in Beach Road Chalan Laulau, Saipan during regular work hours, Monday through Friday except CNMI Holidays, from 7:30 A.M. to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the Northern Marianas Housing Corporation. You may submit comments from the following options: Via mail to P.O. Box 500514, Saipan, MP 96950; Direct delivery to the central office in Garapan, Saipan or drop-box located in front of the building; and via email at nmhc@nmhc.gov.mp. All comments received by **July 28, 2021, 4:30 p.m.**, will be considered by the Government of the Commonwealth of the Northern Mariana Islands prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.

RELEASE OF FUNDS

The Government of the Commonwealth of the Northern Mariana Islands certifies to the U. S. Department of Housing and Urban Development (HUD), Washington D.C. that the Government of the Commonwealth of the Northern Mariana Islands and Governor Ralph DLG. Torres consent to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process, and that these responsibilities have been satisfied. The U. S. Department of Housing and Urban Development (HUD), Washington D.C. acceptance of the certification satisfies its responsibilities under the National Environmental Policy Act of 1969 and related laws and authorities, and allows the Government of the Northern Mariana Islands to use Program Funds.

OBJECTION TO RELEASE OF FUNDS

The U. S. Department of Housing and Urban Development (HUD) Washington D.C. will accept objections to its release of funds and the Government of the Northern Mariana Islands certification for a period of **fifteen days** following anticipated submission date or its actual receipt of the request (whichever is later) only if it is on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Government of the Northern Mariana Islands; (b) the Government of the Northern Mariana Islands has omitted a step or failed to make a decision or finding required by the U. S. Department of Housing and Urban Development regulations at 24 CFR Part 58; (c) the grant recipient has incurred cost not authorized by 24 CFR Part 58 before approval of the release of funds by the U. S. Department of Housing and Urban Development; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures of 24 CFR Part 58 and shall be addressed to Ms. Tennille Smith Parker, DRSI Division Director, HUD, via email at Tennille.S.Parker@hud.gov; Tel: (202)402-4649. Potential objectors should contact the U.S. Department of Housing and Urban Development to verify the actual last day of the objection period.

/s/ **Ralph DLG Torres**
Governor, CNMI

Health & Wellness

This advertorial
is sponsored by



Tan Siu Lin
Foundation

DEAR MAYO CLINIC: I am a mom of three kids under 10, and I have struggled with weight loss for years. I am challenged between family and work obligations to maintain a healthy lifestyle. I always start off strong, but then I get overwhelmed and stop. Last month, despite trying to eat right and working out daily, I gained weight after two weeks instead of losing it. And then if I miss several days at the gym, I start wondering what's the point. I feel as if I am in a constant battle with myself to live better. Do you have any advice for helping to stay motivated?

ANSWER: Life can be busy, as you juggle kids, work and family, along with many other obligations. Understandably, this hectic pace can make it difficult to cook a healthy meal or find time to work out and take care of yourself. The side effects of this behavior often can be an increase in body weight or a standstill when it comes to losing pounds.

Adding insult to injury, yo-yo weight losses and gains can cause such issues as prediabetes with borderline cholesterol levels or prehypertensive blood pressure. Justifiably, this can cause higher levels of stress, guilt and depression, and lead to negative behavior like comfort eating and additional weight gain.

When I talk to patients, I find that people often come up with a plan to lose the weight that includes things such as:

- Ridding homes of any desserts, candy, soda and processed food.
- Promising to buy and eat only whole foods made from scratch.
- Going to the gym five or more days a week and working out for an

MAYO CLINIC Q AND A

Simplify health goals for success

By CYNTHIA WEISS
MAYO CLINIC NEWS NETWORK

Adjust your outlook of better health to break the vicious cycle of exercise and diet plans that aren't sustainable. Start with a few small things that are realistic given your lifestyle, work and family needs.

hour each time.

- Hiring a life coach to help get their life together.
- Reducing work stress.

Does this sound familiar?

Most people start out strong and do OK for three to four weeks, but then they slowly revert to old habits that leave them with excess pounds and feeling discouraged. Once they get motivated to try again, they do, but the cycle tends to repeat itself.

I recommend simplifying your goals. Adjust your outlook of better health to break the vicious cycle of exercise and diet plans that aren't sustainable. Start with a few small things that are realistic given your lifestyle, work and family needs.

Rather than identify six or seven goals, select and focus on one simple thing you can change today. For in-

stance, identify a single thing related to your diet, such as cutting out sugary drinks and increasing your water intake. If you are someone who drinks multiple sodas daily, you can lose upward of 10 pounds a year by reducing your intake by one soda per day, even if you change nothing else. This is a perfect example of creating success for yourself by just changing one thing.

Another idea would be to eat a salad every other day with a meal. This can be something you can easily manage and feel successful with. Just remember not to overload it with dressing. Or instead of grabbing a handful of chips for a snack, grab an apple or a cheese stick. Consider the same substitutions for your children so you won't be tempted.

Over time, one change will lead to another. As you implement healthy

things into your routine, you will build more success. And that success will make these lifestyle changes sustainable.

With respect to physical activity, take a moment to focus on the amount of physical activity per week you want to aim for rather than a number of days at the gym. Ideally, we know that for optimal cardiac health and weight loss, the recommended amount of moderate physical activity is about 175 minutes a week. Although that translates to about five sessions of 30 minutes of aerobic exercise, start smaller.

If you give yourself some grace to find something that works, you can then build on it until it's more sustainable.

As a working mom of young kids, getting to the gym daily may be chal-

lenging. Can you find two 15-minute slots in your day to go for a walk outside? Can you and your family—kids included—go for a walk after dinner? Over time, increase your behaviors. Commit to a 30-minute walk or visit the gym once or twice a week for 30 minutes. Recent studies show that even one visit to the gym, although not optimal, is still better than not going at all. In addition, you can feel good knowing you have had success.

Over time, you can gradually move your goal to three times a week. Then eventually you can increase the time to 45 minutes or one hour.

Remember, building healthy habits takes time. Think about your children. When children are learning a skill, whether it's reading, writing their name or riding a bike, they experience setbacks and successes. Those successes are usually celebrated. These experiences build momentum and provide confidence that leads to long-term sustainability.

Motivation by success works much better than motivation by guilt. Unfortunately, a lot of motivation to change is guilt-based. This doesn't work with motivating children, or with managers and leaders with employees in the workplace, so why should you expect this to work for yourself?

Take time to identify some easy, simple, healthy adjustments you can make that will give you the confidence to keep adding new things. Also, talk with your health care provider if you have special dietary needs, any underlying medical conditions or have more specific questions.

Dr. Graham King, Family Medicine, Mayo Clinic Health System, Mankato, Minnesota.

Chronic stress can wreak havoc on your mind and body

By DANA SPARKS
MAYO CLINIC NEWS NETWORK

Your body is hard-wired to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today, but that doesn't mean that life is free of stress.

On the contrary, you likely face many demands each day, such as taking on a huge workload, paying the bills and taking care of your family. Your body treats these so-called minor hassles as threats. As a result, you may feel as if you're constantly under attack. But you can fight back. You don't have to let stress control your life.

Understanding the natural stress response

When you encounter a perceived threat—such as a large dog barking at you during your morning walk—your hypothalamus, a tiny region at your brain's base, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure

and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or harmful in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with the brain regions that control mood, motivation and fear.

When the natural stress response goes wild

The body's stress response system is usually self-limiting. Once a perceived threat has passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities.

But when stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on.

The long-term activation of the stress response system and the overexposure to cortisol and other stress hormones that follow can disrupt almost all your body's processes. This

puts you at increased risk of many health problems, including:

- Anxiety
- Depression
- Digestive problems
- Headaches
- Muscle tension and pain
- Heart disease, heart attack, high blood pressure and stroke
- Sleep problems
- Weight gain
- Memory and concentration impairment

That's why it's so important to learn healthy ways to cope with your life stressors.

Why you react to life stressors the way you do

Your reaction to a potentially stressful event is different from anyone else's. How you react to your life stressors is affected by such factors as:

- Genetics. The genes that control the stress response keep most people on a fairly steady emotional level, only occasionally priming the body for fight or flight. Overactive or underactive stress responses may stem from slight differences in these genes.
- Life experiences. Strong stress reactions sometimes can be traced to traumatic events. People who were neglected or abused as children tend to be particularly vulnerable to stress. The same is true of airplane

crash survivors, military personnel, police officers and firefighters, and people who have experienced violent crime.

You may have some friends who seem relaxed about almost everything and others who react strongly to the slightest stress. Most people react to life stressors somewhere between those extremes.

Learning to react to stress in a healthy way

Stressful events are facts of life. And you may not be able to change your current situation. But you can take steps to manage the impact these events have on you.

You can learn to identify what causes you stress and how to take care of yourself physically and emotionally in the face of stressful situations.

Stress management strategies include:

- Eating a healthy diet, getting regular exercise and getting plenty of sleep
- Practicing relaxation techniques such as yoga, deep breathing, massage or meditation
- Keeping a journal and writing about your thoughts or what you're grateful for in your life
- Taking time for hobbies, such as reading, listening to music, or watching your favorite show or movie

- Fostering healthy friendships and talking with friends and family
- Having a sense of humor and finding ways to include humor and laughter in your life, such as watching funny movies or looking at joke websites

Volunteering in your community

- Organizing and prioritizing what you need to accomplish at home and work and removing tasks that aren't necessary
- Seeking professional counseling, which can help you develop specific coping strategies to manage stress

Avoid unhealthy ways of managing your stress, such as using alcohol, tobacco, drugs or excess food. If you're concerned that your use of these products has increased or changed due to stress, talk to your health care provider.

The rewards for learning to manage stress can include peace of mind, less stress and anxiety, a better quality of life, improvement in conditions such as high blood pressure, better self-control and focus, and better relationships. And it might even lead to a longer, healthier life.

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Russian Orthodox Church eyes church in the CNMI

By **BEA CABRERA**
beacabrerasaipan@gmail.com
CORRESPONDENT

Rev. Kirill Shkarbul from the Parish of the Exaltation of the Holy Cross in Taipei, Russian Orthodox Church (Moscow Patriarchate) was on Saipan last week to touch base with Orthodox Christians on island and explore the possibility of putting up a church here. He has also traveled to Guam, Tinian and Rota.

Shkarbul said he has met and talked to Orthodox Christians on Saipan and several of them are Russians who are well established in the CNMI and are here long term.

"In fact, some of them have been here for 20 years and they all say they need a church. ... They have expressed a desire to have a church that will tend to their religion and religious beliefs," he said. "The church or parish would be a place for them to gather to establish common faith and lasting friendships. It is also good for the children to have a class or some activities like on Christmas and Easter to learn things. To do this, we would need a priest and currently, we already have one candidate who is willing to come to serve for both Saipan and Guam."

Shkarbul said he also met with Bishop Ryan Jimenez of the Diocese of Chalan Kanoa, who has expressed a willingness to help him. "Yes, and he is very friendly, very willing to help, and we have a lot of cooperation with the Catholic Church in Taiwan, and in other countries like Philippines, Papua New Guinea, and I think there would be possibly an opportunity of lending a place for us. Maybe."

He assured that they do not

necessarily need a big church right away.

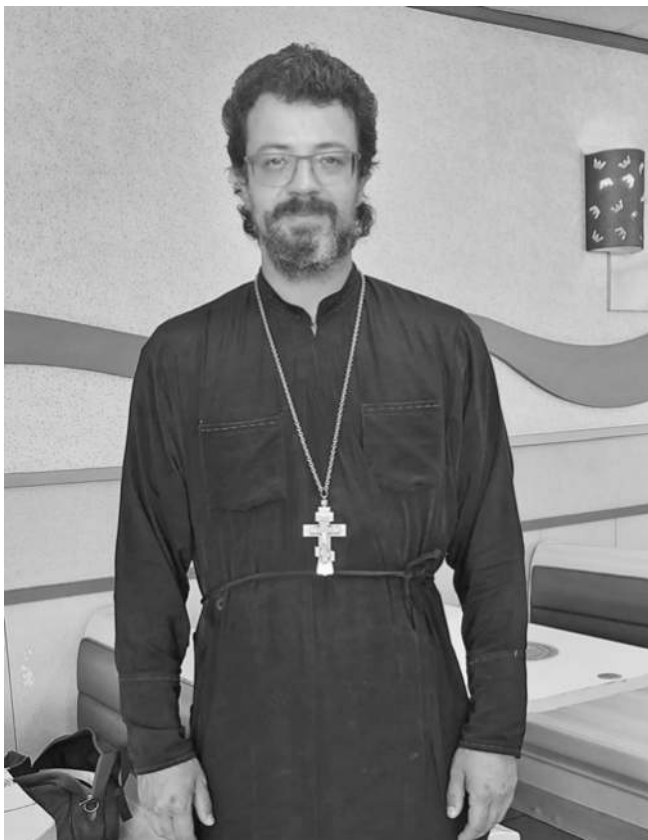
Shkarbul said the Orthodox Church holds a records of their expeditions to the Mariana Islands in 1817 and in other years. The Orthodox Church is, in fact, also celebrating this year the 200th anniversary of some Orthodox missionaries' visit to the CNMI, particularly on Anatahan and other Northern Islands.

"We have a map of all the Marianas Islands created in 1846. All of the islands were measured in this map. There was a group of scientists working in a settlement in Guam where they studied all the islands from an observatory established there," he said.

"These are documented sources. Maybe the missionaries then we're just plotting all the islands and with the intention to come back but it didn't happen. ... This is unconfirmed but a historian in Guam said there is also a story of an existence of an Orthodox settlement on Tinian even up to now. This remain unconfirmed until official records are found," he added.

Aside from establishing an Orthodox Church, Shkarbul is also here to help the Monastery of Saint Tokhow of Zandonsk, another Orthodox church based in Pennsylvania, which has requested the CNMI government for permission to erect three commemorative crosses on Anatahan, Pagan, and Farallon de Pajaros islands.

"This year is the 50th anniversary of the autocephaly of the Orthodox Church in America. This is special because it used to be like a diocese of the Russian church, but later it was granted out separately,



BEA CABRERA
Rev. Kirill Shkarbul recently visited the CNMI looking for an opportunity to open up a Russian Orthodox Church, which some 200 years ago found sanctuary on Anatahan Island.

which means that now it's on its own, is independent, and completely run by Americans," he said. "This celebration involves many activities across the United States, and the these two ideas came together—establishing a church in the CNM and putting up commemorative crosses in the Northern Islands. ... So all these things work together and is the basis of our application."

Shkarbul said they have developed plans and sketches and the initial response from the Governor's Office has been positive. "We haven't gotten approval yet as there are conditions that need to be

met like permits and approval from the Department of Public Lands. Overall, they were supportive. ... The original idea is to put up a cross at the peak of the volcanoes. But after talking with [Northern Islands] Mayor [Vicente] Santos, we decided that it's better and it makes more sense to put it up closer to where people are... and not too far from the shore."

Two of the crosses would be nine feet tall, while the third one would be five feet tall.

Shkarbul is now back in Guam and he hopes to come back to the CNMI soon. "Outreach is definitely our priority—sharing the faith and interacting with others. ... There are plenty of opportunities to share the faith with others, especially with our family members. ... We wish to continue what the Russians who came here in the past intended and that is to build a church," he said.

Church of Latter Day Saints is moving to a new home

The Church of Latter Day Saints' 40-year lease on its current church grounds in Chalan Lau Lau, Saipan, will soon expire, which means the church will be moving to a new location.

In line with this, the church held a groundbreaking ceremony that was attended by church leaders and members last Saturday at the new proposed location—a peaceful neighborhood along Katbon Drive in San Vicente, overlooking the Lau Lau Bay.

The Church of Latter Day Saints has a big congregation in this side of the Asia Pacific, as they have established churches in Guam, Japan, and Saipan along with missionaries throughout Micronesia.

According to a construction worker at the site, they are supposed to work and finish the project in a year.

According to Wikipedia, the Church of Latter Day Saints was introduced to the CNMI in 1944 to 1945 by American servicemen during World War II. *(Bea Cabrera)*



CONTRIBUTED PHOTO

The Church of Latter Day Saints held a groundbreaking ceremony at its new location along Katbon Drive in San Vicente that was attended by church leaders and members.

Man's lack of engagement concerns family-to-be

DEAR ABBY: My stepdaughter is engaged to a wonderful young man she has been with for more than three years. We welcome him as part of our family and are excited to have him as a son-in-law. However, due to his overwhelming anxiety (as my stepdaughter explains it), he barely says a word whenever we see him.

In the several years they have been dating/engaged, he has joined us for only one family holiday meal, and conversation was painful, to say the least. We have invited him to many family gatherings (large and small), but he seems to have an excuse not to attend each one.

I very much want to get to know him better and make him feel welcome, comfortable and loved as part of our family, but his silence, lack of eye contact and his apparent desire to avoid us make it very difficult. Any advice?

CHALLENGED FUTURE MOTHER-IN-LAW

DEAR FUTURE M.I.L.: You are overdue for a serious talk with your stepdaughter. Have you asked her if she knows the reason for her fiancé's lack of social skills? Is he this way with everyone, or just you and your husband? Could he be on the autism spectrum or feel intimidated by your attempts to make him feel "comfortable and loved"? His extreme introversion may be a red flag because it may have negative repercussions for her if she marries him.

DEAR ABBY: How do I talk to my roommate about the thermostat without coming off as a "parent" or a control freak? I prefer the thermostat be set at 77 to 78 during warmer months, but every time I step out the door, they turn the A/C down to 72 or 73. It makes the house feel like you could hang meat in here. The kicker is, it's 80 outside. I don't think the unit even needs to be on. Not only am I concerned about the electric bill, I'm freezing in my own house with pants on. I know this will become a problem because we are expecting temperatures in the 90s for weeks at a time, and the cost of electricity rises with the heat. I'm tired of playing the game of adjusting the temperature and not saying anything. Advice?

TEMPERATURE'S RISING

DEAR T.R.: Stop pussyfooting around and have an adult discussion with your roommate about this. If possible, a compromise should be worked out. Whose name is on the lease? Is it yours or both of yours? Is the cost of heating and cooling the unit shared equally? If a compromise can't be agreed upon, it's possible the two of you are incompatible and one of you needs to make other living arrangements.

DEAR ABBY: About a year ago, a friend I've known since high school came out as transgender female. I am glad to see her living her life as her authentic self, and I want to do what I can to support her. I'm one of those old-fashioned people who

DEAR ABBY

By **ABIGAIL VAN BUREN**
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



still has photo albums, and there are a fair amount of pictures of her, pre-transition. Obviously, the photos are labeled with her "dead" name. Should I go back through the albums and change the labels to replace her former name with her new one?

GOOD FRIEND IN ILLINOIS

DEAR FRIEND: Trans people have strong feelings about deadnaming, and many are against the practice. This is a subject you should discuss with your friend, and abide by her preference.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$16 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson

Garfield®

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Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy



CROSSWORD By Eugene Sheffer

ACROSS 1 Red-carpet type 4 Venezu-elan corn patty 9 Gullet 12 Journalist Tarbell 13 Taxi ticker 14 Yoko of music 15 Highest peak in the Alps 17 "Inciden-tally," to texters 18 Flamenco cheer 19 Ancient Nile city 21 Wet 24 Plane-related 25 Paris street 26 NASCAR adver-tiser 28 '70s club 31 Web ad-dresses 33 Stitch

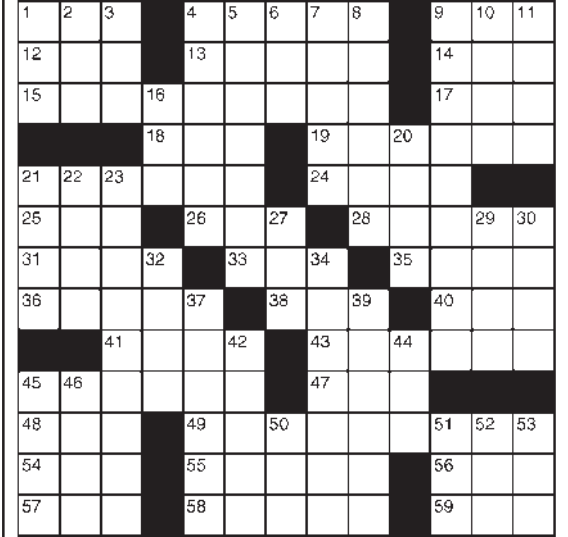
35 Biblical twin 36 Innocents 38 Expert 40 Triage ctrs. 41 "Phooey!" 43 Ready 45 Like some wallpaper 47 Hi-tech organizer 48 Classic car 49 Space-saving sleeper 54 Comics cry 55 Milo of "The Verdict" 56 Vein yield

57 Hosp. workers 58 Strapped for cash 59 Prattle 1 DOWN 1 Energy 2 Altar vow 3 Skillet 4 Strolls 5 Lets up 6 LAX info 7 Half of deca- 8 Curved 9 Dons 10 Initial chip 11 Amazes 16 Spinning toy 20 New York canal 21 Defeat soundly 22 Mystique 23 "The Producers" director 27 Vigor 29 Give a hoot 30 Evict 32 Burn some-what 34 Candy bar covering 37 John of "Full House" 39 Trite snow 44 Non-clerical 45 Pebbles' dad 46 Lusty look 50 Sorority letter 51 Cranberry territory 52 Historic period 53 Cotillion celeb

Solution time: 26 mins.

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Last Friday's Answer 07/26



STUMPED? For answers to today's crossword, call 1-800-226-5955! 99c per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Bianca Santos, 31; Kate Beckinsale, 48; Sandra Bullock, 57; Helen Mirren, 76.

Happy Birthday: You'll have a lot riding on the financial moves you make this year. Keeping a close watch over your investments will make a difference. Listen to your instincts and take the path that feels most in sync with what you are trying to achieve. Physical fitness, health, and striving to look and feel your best will help you excel. Your numbers are 5, 17, 22, 26, 32, 39, 41.

ARIES (March 21-April 19): Opportunity is closer than you think. Open your eyes, and you'll discover something that excites you. A chance to change direction is within reach and will encourage you to take a leap of faith you won't regret. ***

TAURUS (April 20-May 20): Pitch in and help, and you'll become a part of something meaningful. Designate some time and put in physical energy to ensure you reach the level of success you desire. Don't limit what you can do or give up prematurely. *****

GEMINI (May 21-June 20): Take a moment to go over every detail before you decide to make a move. An opportunity is good only if it takes you where you want to go. Evaluate your position and make a leap forward, not a lateral movement. **

CANCER (June 21-July 22): Stop pondering what to do; start putting your plans in motion. Time is of the essence, and your emotional, physical and financial well-being are dependent on what you do next. Size up

your situation, then make your move. *****

LEO (July 23-Aug. 22): Enforce a routine that will help you accomplish your goal. Pay more attention to the way you present yourself to the world. Don't limit your chance to advance because you refuse to compromise. A change executed adequately can help you excel. ***

VIRGO (Aug. 23-Sept. 22): Jumpstart your plans and put them in motion. Be the one to get things done and the one who makes a difference. Let go of negativity; find a way to have a constructive impact on your life and those you encounter. ***

LIBRA (Sept. 23-Oct. 22): Concentrate on what you are doing, and aim to make a difference, not a fuss. Reach out to people who motivate you to get things done and are willing to pitch in and help, not those who criticize your every move. ***

SCORPIO (Oct. 23-Nov. 21): Opportunity is apparent, but it's up to you to take advantage of what's available. Don't make excuses or put things off. Be the one to make things happen and to embrace the life you want. Stop dreaming and start doing. *****

SAGITTARIUS (Nov. 22-Dec. 21): Think twice before you believe what others say. Take the initiative to fact-check and develop a plan that will keep you moving in a direction that offers safe and sound financial strategies. Take care of your health and well-being. **

EUGENIA LAST THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Leave nothing to chance. Look at what's available, and invest in whatever will bring you closer to your goal. A financial opportunity is apparent that will improve your status, health or bargaining position. A change will improve your domestic life. ****

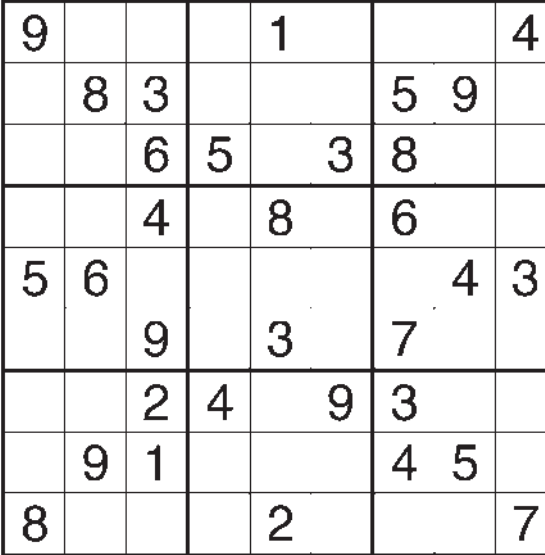
AQUARIUS (Jan. 20-Feb. 18): Proceed with caution. Don't jump into something that doesn't have a track record, and don't fold under pressure. Do your research and follow your findings, not what someone is pushing you to do. Be respectful, but do your own thing. ***

PISCES (Feb. 19-March 20): Your intuition is spot on, and the decisions you make have an impact on the way others treat you. Express your thoughts and feelings, and let your intentions be known. Today is about opportunity and making things happen. Romance is favored. ***

Birthday Baby: You are sensitive, unique and disciplined. You are confident and flexible. Avoid conflicts; work behind the scenes. You can accomplish, but don't rely on others. Focus and you'll reach your goals. Aim high; start new projects. Nothing can stop you; go for gold.

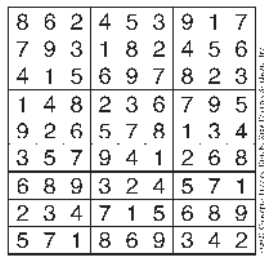
SUDOKU

Conceptis Sudoku By Dave Green



Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer



Difficulty Level ★ 7/26 ©2012 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

AUNTS ARE SPECIAL! Solution: 7 letters



© 2021 ArcNews/McMee Syndication www.wonderword.com 7/26 Advice, Babysitter, Birthday, Bond, Celebrate, Child, Concert, Cool, Counsel, Cuddle, Family, Fashion, Festival, Fun, Happy, Heart, Hugs, Humor, Life, Listen, Mentor, Nephew, Niece, Pictures, Playful, Promise, Protect, Proud, Respect, Secrets, Smart, Smile, Spoil, Sports, Strong, Support, Sweet, Talent, Talk, Travel, Trips, Trust, Video, Wisdom Last Friday's Answer: Chopsticks To purchase WONDERWORD books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

China's Yang takes first gold at uneasy Tokyo Olympics

TOKYO (AP)—Hardly half a day passed before politics, the pandemic and blistering heat impacted events across the Tokyo Olympics.

China's Yang Qian, at least, stayed right on target.

Yang overtook Anastasiia Galashina of Russia to win the first gold medal of the Tokyo Games in the women's 10-meter air rifle Saturday. Her last shot was her worst of the finals but still rallied her past Galashina with an Olympic-record score of 251.8. Switzerland's Nina Christen took bronze.

"It's unbelievable that I can be here," Yang said through an interpreter. "I was really nervous. The competition was really tight, but I'm so happy that I could win."

Galashina led Yang by 0.2 points when they fired almost simultaneously on their last shots. The limited crowd at Asaka Shooting Range let out gasps as the scores posted a split second later.

Yang, a 21-year-old who qualified sixth of the eight medal competitors, missed the innermost circle on her final shot, a 9.8 that she figured would cost her gold.

She looked up to see Galashina missed the two center rings. The Russian's 8.9 meant IOC President Thomas Bach would present Yang the gold medal on a tray — per pandemic protocols — instead of Galashina.

COVID-19 CANCELATION

The first event of the Olympic beach volleyball tournament was canceled because a

Czech player tested positive for COVID-19. Markéta Sluková, who tested positive earlier this week, and partner Barbora Hermannova were eliminated from the tournament.

Already empty because of a ban on fans, the venue at Shiokaze Park was eerily still when the match was supposed to start at 9 a.m. on Saturday, the only sound coming from the incredibly loud cicadas in the nearby trees.

The Japanese team of Megumi Murakami and Miki Ishii earned the win by default after qualifying for the tournament via the entry reserved for the host country. Officially, the Czechs were marked as "Did Not Start," and their three round-robin opponents will be awarded victories.

Sluková is one of at least three members of the Czech team who have tested positive since their arrival in Japan, including men's beach volleyball player Ondřej Perušič. The team has said it's investigating if the outbreak of COVID-19 is linked to its charter flight to Tokyo.

PALESTINIAN PASS

An Algerian judo athlete will be sent home after he withdrew from the competition to avoid potentially facing an Israeli opponent.

Fethi Nourine and his coach, Amar Benikhlef, told Algerian media they were withdrawing to avoid a possible second-round matchup with Israel's Tohar Butbul in the men's 73 kg division on Monday. Nourine was to face Sudan's Mohamed Abdalra-sool in the opening round,



with the winner facing Butbul, the fifth seed.

The International Judo Federation's executive committee has temporarily suspended Nourine and Benikhlef, who are likely to face sanctions beyond the Olympics. The Algerian Olympic committee then withdrew both men's accreditation and made plans to send them home.

Nourine and Benikhlef attribute their stance to their political support for Palestinians.

SWELTERING START

Tennis player Daniil Medvedev wants organizers to move matches to the evening after

players slogged through their opening matches in heat that reached 91 degrees F (33 degrees C) and a heat index that made it feel like 100 F (38 C).

Medvedev called it "some of the worst" heat he's played in after eliminating Alexander Bublik of Kazakhstan 6-4, 7-6 (8).

"I'm not going to lie. But you have to play," the Russian said. "That's the Olympics, you go for the medal. You are not here to cry about the heat."

French Open finalist Anastasia Pavlyuchenkova grasped for an air tube during a medical timeout and shoved bags of ice up her skirt during a

changeover as she routed Sara Errani of Italy 6-0, 6-1.

"You're just not feeling great," Pavlyuchenkova said. "So I wasn't enjoying it at all."

ON THE BOARD

Naohisa Takato won Japan's first gold medal, beating Taiwan's Yang Yung-wei in the men's 60-kilogram judo final.

The charismatic Takato's success could provide a much-needed jolt of excitement for a nation still feeling profoundly ambivalent about these Olympics and discouraged by the scandals and coronavirus setbacks surrounding them.

The 28-year-old Takato

Yang Qian, of China, reacts after winning the gold medal in the women's 10-meter air rifle at the Asaka Shooting Range in the 2020 Summer Olympics, Saturday, July 24, 2021, in Tokyo, Japan.

atoned for his disappointing bronze-medal performance in Rio de Janeiro five years ago with a hair-raising run to the Tokyo final at the venerable Nippon Budokan arena, the site of judo's introduction to the Olympics in 1964.

ALREADY DONE

The youngest competitor at the Tokyo Games has been eliminated, and so has an Olympic great.

Hend Zaza of Syria lost in straight sets to Liu Jia, ending the 12-year-old's hopes of making noise as the youngest table tennis player in Olympics history.

Zaza told Olympics.com that she was pleased with her performance and learned from the loss—and she's hoping for another shot at the next Olympics, in Paris.

Two-time Olympic champion Kohei Uchimura's Olympic career ended when the 32-year-old Japanese gymnast fell during qualifying on high bar.

Considered by many the greatest of all time, the 2012 and '16 all-around gold medalist was midway through his set when he peeled off while doing a complicated connection. He picked himself up and finished his routine, drilling his dismount.

His score of 13.866 placed him outside of the top eight, meaning he will not make the finals.

TOKYO (AP)—Naomi Osaka is back playing, still winning, and also talking to the media again.

The Japanese superstar who lit the Olympic cauldron defeated 52nd-ranked Zheng Saisai of China 6-1, 6-4 on Sunday in her first match in nearly two months.

Osaka hadn't played since she withdrew from the French Open in May to take a mental health break, revealing that she has dealt with depression. She then sat out Wimbledon.

Osaka stopped to talk with reporters afterward, having said in Paris that she experiences "huge waves of anxiety" before meeting with the media and that she would be skipping news conferences.

"More than anything else I'm just focused on playing tennis," Osaka said. "The Olympics has been a dream of mine since I was a kid so I feel like the break that I took was very needed. I feel definitely

Naomi Osaka wins in Tokyo Olympics debut

a little bit refreshed and I'm happy again."

She added that she was "happy" that reporters were asking her questions, then added: "I feel a little bit out of my body right now."

"There's nothing wrong with my body, I just felt really nervous," Osaka said. "I haven't played since France so there were definitely some things that I did a bit wrong but I think I can improve in the matches that I continue playing."

The second-ranked Osaka was sharp from the start, serving an ace down the T on the opening point of the match and racing out to a 5-0 lead.

Wearing a bright red dress and a red visor and with her hair styled in red-and-white braids to match the colors of the Japanese flag stitched onto the left side of her chest, Osaka served six aces in all and produced 25 winners to

Zheng's 10.

Osaka's match was originally scheduled to open the tournament on Saturday but then was pushed back a day before her starring role in Friday's opening ceremony.

"I feel very very proud," Osaka said, revealing that Olympic organizers asked her to handle the cauldron honors back in March.

"When I lit the flame I was super honored," she added. "I think that's a position that you dream about and not anyone can do it so for me when they asked me if I wanted to I was very surprised but very honored and I'm just very happy to be here and very happy to play — especially in Tokyo."

Osaka will next face 50th-ranked Viktorija Golubic of Switzerland.

For other top players in the tennis tournament at the Tokyo Games, it wasn't so

straightforward.

Top-ranked Ash Barty was upset by 48th-ranked Spanish opponent Sara Sorribes Tormo 6-4, 6-3 and two-time defending gold medalist Andy Murray withdrew from singles because of a right quad strain.

Both still remain in the doubles competition.

Barty won with Australian partner Storm Sanders on Saturday while Murray and British partner Joe Salisbury beat the second-seeded French team of Pierre-Hughes Herbert and Nicolas Mahut.

Barty's singles defeat came 15 days after she won Wimbledon for her second Grand Slam title.

She struggled with a whopping 55 unforced errors to Sorribes Tormo's 13 and got in only 54% of her first serves compared to her opponent's 83%.

Murray pulled out shortly ahead of his scheduled opener

against ninth-seeded Felix Auger-Aliassime of Canada on Center Court.

"I am really disappointed at having to withdraw but the medical staff have advised me against playing in both events, so I have made the difficult decision to withdraw from the singles and focus on playing doubles with Joe," Murray said.

It's the latest setback for the 34-year-old Murray after only recently returning to the tour from a three-month absence because of a groin problem. He has also had serious issues with a bad hip that wound up requiring two operations.

Murray has a total of three Olympic medals. He also won a silver in mixed doubles at the 2012 London Games with Laura Robson.

Max Purcell of Australia was to play Auger-Aliassime instead.

Heat and humidity were is-

ues again with the temperature rising to 91 degrees F (33 degrees C) and the sun baking the hard courts at Ariake Tennis Park.

Also advancing was Wimbledon finalist Karolina Pliskova of the Czech Republic, who beat Alize Cornet of France 6-1, 6-3, while third-seeded Aryna Sabalenka of Belarus eliminated Magda Linette of Poland 6-2, 6-1.

Carla Suarez Navarro, the Spaniard who plans to retire this year, beat Ons Jabeur of Tunisia 6-4, 6-1 for her first victory since recovering from Hodgkin's Lymphoma.

Camila Giorgi of Italy eliminated Jennifer Brady, the American who was this year's Australian Open finalist, 6-3, 6-2.

Among the men advancing were fourth-seeded Alexander Zverev of Germany, seventh-seeded Hubert Hurkacz of Poland and 12th-seeded Karen Khachanov of ROC.

Sandoval loses no-hitter in 9th, Angels beat Twins, 2-1



MINNE-
APOLIS
(A P) —
Patrick

Sandoval had his no-hit bid broken up with one out in the ninth inning on a soft double by rookie Brent Rooker and the Los Angeles Angels beat the Minnesota Twins 2-1 on Saturday night.

Sandoval, a 24-year-old lefty who began the game with a 3-13 career record, struck out a career-high 13.

There have already been seven no-hitters in the majors this season. The big league record of eight was set in 1884, the first year overhand pitching was permitted.

The Twins hadn't come close to a hit until Rooker, who fanned his first three times up, flared an opposite-field fly that fell just inside the line in right.

Sandoval (3-4) smiled after the ball fell, retired the next batter and then was pulled after 108 pitches. He walked one and hit two.

Closer Raisel Iglesias allowed an RBI double to Josh Donaldson before getting his 21st save in 25 chances.

José Berrios (7-5) allowed two unearned runs in seven innings in perhaps his final start for Minnesota.

Astros 4, Rangers 1

In Houston, Framber Valdez and the Houston bullpen took a no-hit try into the eighth inning and Astros sent Texas to its season-worst 11th straight loss.

Isiah Kiner-Falefa hit a leadoff single against reliever Ryne Stanek in the eighth. Center fielder Myles Straw sprinted in and made a diving attempt to catch the ball, but it bounced just in front of his glove.

The Rangers have already been no-hit twice this season, by Joe Musgrove of the San Diego Padres on April 9 and Corey Kluber of the New York Yankees on May 19.

Valdez (6-2) needed 99 pitches to get through six hitless innings, his count built up by walking a career high-tying six. After Bryan Abreu extended the no-hit bid through seven, Stanek came on in the eighth and gave up a hit on his second pitch.

Yordan Alvarez homered in the seventh and Carlos Correa added two RBIs for the Astros, who won their 60th game.

Kyle Gibson (6-3) was the loser.

Yankees 4, Red Sox 3

In Boston, Rougned Odor's two-run double highlighted a four-run rally in the eighth inning after his two errors helped Boston build an early



Los Angeles Angels pitcher Patrick Sandoval throws against the Minnesota Twins during a baseball game, Saturday, July 24, 2021, in Minneapolis. AP

lead, and New York beat the Red Sox.

Gleyber Torres added a go-ahead, bloop single for the Yankees. They are 3-9 this season against their long-time rivals.

The Red Sox, who had won four in a row, put runners on second and third with two outs in the ninth before Aroldis Chapman struck out Kiké Hernández for his 18th save.

Boston starter Nathan Eovaldi was breezing along, throwing a shutout with two outs in the eighth before he was lifted after Brett Gardner's RBI single.

Adam Ottavino (2-3) relieved and allowed Giancarlo Stanton's bloop, ground-rule double. Odor drove his tying hit off the Green Monster and Torres followed a single that dropped in down the right-field line.

New York starter Jameson Taillon (6-4) gave up three runs — one earned — in seven innings, striking out four and walking three.

Rays 8, Indians 2

In Cleveland, Austin Meadows hit a pair of two-run homers, Ji-Man Choi had three RBIs and Tampa Bay beat Cleveland for the 11th straight time.

The Rays moved into a first-place tie with Boston in the AL East. They have not lost to the Indians since May 24, 2019. The franchise's longest winning streak against an opponent is 12 against Baltimore in 2008.

Meadows, Choi and Brett Phillips each homered in the first three innings to help Tampa Bay build a 4-1 lead against J.C. Mejia (1-6). Choi also drove in runs in the seventh and ninth, and Meadows hit his second two-run shot in the ninth.

Louis Head (1-0), a 31-year-old rookie, earned his

first major league victory with two-plus innings of relief. The right-hander spent nine seasons in the minors — the first seven in the Indians' organization — before debuting with the Rays on April 25.

Indians manager Terry Francona was sent home by the team's medical staff before the game as he battles a lingering head cold. Bench coach DeMarlo Hale assumed his duties.

Dodgers 1, Rockies 0

In Los Angeles, Austin Barnes homered early, Kenley Jansen preserved the lead late and Los Angeles beat Colorado to snap a three-game losing streak.

Jansen had blown saves against the San Francisco on Wednesday and Thursday, but pitched a scoreless ninth for his 22nd save in 26 opportunities.

Barnes connected on a slider from Kyle Freeland (1-5) and drove it into the left field stands in the second inning.

Tony Gonsolin (2-1) allowed only two hits, struck out seven and matched a season-high by going 5 1/3 innings.

Diamondbacks 7, Cubs 2

In Chicago, Daulton Varsho homered in his third straight game and hit a tiebreaking single in a three-run seventh inning, leading Arizona past Chicago.

The teams waited out a 1-hour, 39-minute rain delay after the top of the ninth. By then, the Cubs were well on their way to their 18th loss in 24 games.

Merrill Kelly (7-7) was the winner, and former Diamondbacks reliever Andrew Chafin (0-2) took the loss.

Andrew Young also homered for Arizona. Willson Contreras connected for Chicago.

Orioles 5, Nationals 3

In Baltimore, Matt Harvey allowed one hit in six scoreless innings in another outstanding performance and Baltimore beat fading Washington.

Harvey (5-10) allowed only one baserunner — Trea Turner hit a double in the fourth. The right-hander struck out four.

Trey Mancini and Ryan Mountcastle each hit a solo homer, and the Orioles added three more runs in the sixth. Washington, which scratched ace Max Scherzer before the game because of triceps discomfort, has lost 14 of its last 19.

Dillon Tate worked a scoreless ninth for his second save.

Juan Soto homered for the Nationals. Jon Lester (3-5) was the loser.

Mariners 5, Athletics 4

In Seattle, struggling rookie Jarred Kelenic scored the winning run on a Lou Trivino's wild pitch in the bottom of the ninth, Mitch Haniger homered twice and Seattle beat Oakland.

It was the second game in a row Seattle has won on a wild pitch after Dylan Moore scored from second on Friday night on two consecutive wild pitches to give the Mariners a 4-3 win. They are a major league-best 22-8 in one-run games this season and have won eight of their last 12.

Trivino (3-4) gave up a single to Luis Torrens to start the ninth. Trivino walked two of the next three batters to load the bases. Kendall Graveman (3-0) pitched the ninth for the win.

Haniger staked the Mariners to a 4-3 lead in the fifth with his third multi-homer game of the season. He's one of six players in baseball with 10 or more games with multiple extra-base hits. He doubled off the left-center wall in the first and hit a solo homer to the

same spot in the third where Ramon Laureano pounded his glove into the top of the wall after having a fan who was out of play pull the ball out of his mitt.

Haniger added his 25th homer in the fifth with Ty France aboard for a 4-3 lead. He's now reached base safely in 22 of 23 games with nine homers and 21 RBIs over that span. He was at the plate when Trivino launched his wild pitch.

Marlins 3, Padres 2

In Miami, Fernando Tatis Jr. hit his NL-leading 30th homer for an early lead, but Miami rallied late to beat San Diego.

Jesús Aguilar lined a go-ahead, two-run single to center with one out in the seventh inning after reliever Tim Hill (5-5) walked pinch hitter Sandy León and allowed consecutive singles to Miguel Rojas and Starling Marte. Aguilar's single scored pinch runner Magneuris Sierra and Rojas.

Braxton Garrett (1-1) pitched seven innings of two-run ball in the longest start of his career. Dylan Floro pitched a perfect eighth and Yimi García got his 15th save in 17 chances with a scoreless ninth.

San Diego starter Ryan Weathers hit his first major league home run, a solo shot in the third.

Braves 15, Phillies 3

In Philadelphia, Freddie Freeman, Abraham Almonte, Ozzie Albies, Austin Riley and Joc Peterson homered to lead Atlanta past Philadelphia.

The Braves move back into a tie for second place in the National League East with Philadelphia at 48-49.

Josh Tomlin (4-0) picked up the win in relief. Vince Velasquez (3-5) was the loser.

Brewers 6, White Sox 1

In Milwaukee, Rowdy Tellez hit his first two homers as a Brewer, Corbin Burnes pitched six strong innings and Milwaukee beat Chicago.

Tellez went 3 of 4 with three RBIs, with solo shots off José Ruiz in the sixth inning and Reynaldo López in the eighth. The Brewers acquired the slugging first baseman from Toronto on July 6.

Tyrone Taylor and Kolten Wong also went deep for the Brewers in front of a season-high sellout crowd of 41,686.

Burnes (6-4) struck out six and allowed four hits, two walks and one run to help the Brewers earn the 4,000th victory in franchise history.

Carlos Rodón (8-4) took the loss.

Reds 5, Cardinals 3

In Cincinnati, Jesse Winker

homered, doubled and drove in four runs, Luis Castillo pitched seven effective innings and Cincinnati beat St. Louis.

Joey Votto also homered to help the Reds overcome three errors and extend their winning streak against St. Louis to six games.

Castillo (4-10) settled down to retire 11 of the last 13 batters he faced. Heath Hembree pitched a perfect ninth for his eighth save. Jake Woodford (2-2) was the loser.

Pirates 10, Giants 2

In San Francisco, Gregory Polanco homered, drove in three runs and scored twice, and Kevin Newman matched his career high with four hits in Pittsburgh's victory over NL West-leading San Francisco.

Polanco lofted a sacrifice fly in the first inning, hit an RBI single in the third and hit his 11th homer in the fifth, all against Kevin Gausman (9-4).

Giants manager Gabe Kapler had outfielder Mike Tauchman pitch the ninth to spare the bullpen. Tauchman allowed one run and three hits.

Pirates starter Wil Crowe (2-5) held San Francisco to two runs and four hits in 5 1/3 innings while striking out a career-high nine strikeouts and four walks.

Royals 9, Tigers 8

In Kansas City, Mo., Salvador Perez and Carlos Santana hit three-run homers in Kansas City's comeback victory over Detroit.

Perez hit his 23rd home run of the season to highlight a four-run fourth. Santana gave the Royals the lead with a three-run homer to right in a five-run seventh.

Nicky Lopez went 3 for 3 with an RBI and a walk from No. 9 spot to help Kansas City win its fourth straight.

Jake Brentz (3-2) was the winner. Wade Davis finished for his second save of the season after Greg Holland gave up two runs in the ninth.

Kyle Funkhouser (4-1) allowed all five runs in the seventh for Detroit. Akil Baddoo hit a two-run homer in the ninth for the Tigers.

Blue Jays 10, Mets 3

In New York, All-Star Teoscar Hernández hit two of Toronto's five home runs and the Blue Jays beat New York to stop a three-game losing streak.

George Springer, Marcus Semien and Bo Bichette also homered for the Blue Jays.

Trevor Richards (4-0) got the win, pitching a scoreless inning in relief.

Taijuan Walker (7-4) was the loser.

SAITAMA, Japan (AP)—When the Dream Team era started in 1992, most of the NBA players in the Olympics

represented the United States. David Stern knew what would happen from there. “In time,” the former NBA

TRAC sets Mini Games tryouts

By **MARK RABAGO**
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Triathlon Association of the CNMI will be conducting tryouts for the CNMI National Triathlon Team that will represent the Commonwealth in the 2022 Northern Marianas Pacific Mini Games.

The first round of tryouts will be of the sprint triathlon variety and is set on Aug. 21, 6am at Paupau Beach in San Roque.

It will consist of a 750m swim, a 20km bike (Paupau/Seafix/Banzai/Paupau), and 5km run (Paupau/Ayuyu Drive/Paupau).

As per the Pacific Games Council manual, TRAC earlier said that to be eligible for the Mini Games an athlete must be a U.S. passport-holder and must have resided in the CNMI for five years.

The 2022 Mini Games will be held in the CNMI from June 17 to 25. Triathlon, one of nine sports that will be of-

ferred in the Mini Games, will have 53 participants and will be held in the southernmost part of the CNMI on Rota.

As an added treat, the islands’ youth will also be included in the triathlon action as TRAC will also hold the Taga Kids Triathlon on the same day starting at 8am.

There will be two divisions—5-8 years old (50m swim/1 loops bike/1 loop run) and 9-12 years old (100m swim/2 loops bike/2 loops run)—and the entire course will be confined at the Paupau Beach complex.

Registration for both the Mini Games tryout and Taga Kids will close on Aug. 15, 2021. TRAC also emphasized that there absolutely will be no extension on the registration deadline and no race-day registration.

For more information and updates on the twin events hosted by TRAC, check <https://www.facebook.com/groups/610323035687262>.

3,000m run, NMA also held events in the 100m, 200m, 800m, javelin, and discus last Saturday, which results will be published in the next issues of the *Saipan Tribune*.

NMA secretary general Robin Sapong said he’s just happy that athletics is back in the sports calendar after more than a year of inactivity due to the COVID-19 pandemic.

“It’s a way to bring back the running community. We’ve been away for more than a year. So it’s good to be back for the community and of course the athletes trying to get a spot for 2022 when we’re hosting the Mini Games,” he said.

Sapong, who is also the president of the Oceania Athletics Association, said the 3,000m kind of served as a warmup for runners who will be taking part in the 800m on Saturday and also get them used to actual competition where races go back-to-back days.

“Today we just did the 3,000m because we do have 800m tomorrow so most of these guys running today likely they’ll come out tomorrow and run the 800m. That is the reason we had to do this as a sort of warmup. Most events are like this you do the 3,000m and the next day you might do the finals. We need to ensure our athletes are used to this because most events have two- or three-day programs so by doing this it’s kind of great for the athletes to learn from this.”

Mind the gap: The basketball world is catching up to the US

commissioner predicted in 1995, “that will change.”

Stern was right. The number of international players in the NBA has steadily risen since—and the gap between USA Basketball and the rest of the world has tightened as well. There will be more players in this tournament with NBA experience than ever before, with nearly 70 players in the Tokyo Olympics either current or former players in the league. More than four dozen of them played in the league this past season.

And only 12 of that group are in Japan to compete with “USA” across their chests.



United States’ Kevin Durant looks to shoot during a men’s basketball practice at the Tokyo 2020 Olympics, in Saitama, Japan, Thursday, July 22, 2021.



That’s why, when this men’s Olympic tournament opens Sunday, the medal possibilities may be as wide open as they have been since that first team of NBA stars took the court in Barcelona. That group—which featured 11 future Hall of Famers on a 12-man roster—showed the rest of the world how much they had to do to catch the red, white and blue.

“The gap is smaller and smaller every year as far as talent is concerned,” U.S. coach Gregg Popovich said.

KIDS

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the camp pit national team hopefuls against one another that had Rabago excited.

“For the women I introduced some blocking drills and how to pull out and it was kind of fun watching the shorter ones actually block ball and they were screaming. At the end of that session all of them were kind of happy. They learned two skills that they needed to refine, which was blocking and pulling out to hit,” he said.

NMIVA board member Shawn Davis acknowledged that the weeklong camp accelerated the learning of not only

youth volleyball players but also their coaches.

“We were trying to get all the age levels—boys and girls—to get more familiar on how to move on the court. How to get more familiar on how to appropriately move on the court. We have some drills for that but to work on it in this pace it’s kind of like in a higher level so they can bring it back to the schools. I think it helped a lot of coaches who were here a lot. He was willing to share the different drills for us to be able to use and articulate to move it forward,” she said.

Volleyball camp first-timer Andrew Camacho thanked Rabago for teaching them new

volleyball skills they can now practice and even share with their teammates.

“Our first practice with the 18-and-under boys I was really surprised how he connected all the practice drills. We had our first receiving practice and near the end we combined it with all the other drills and it was really surprising at first ‘oh we did this and it’s connected,’” the 18-year-old from Kagman said.

Jakey Deleon Guerrero, for his part, said Rabago’s camp has made him ready for the upcoming volleyball season.

“It was convenient because of the time and that school is coming back. It will definitely prepare us for the next vol-

leyball season. It was quick but was very efficient the way coach Mike Rabago expressed the drill to us... [he taught us] how to adapt from defense to offense... Overall, it was a good experience,” said the 16-year-old from Marianas High School.

Deleon Guerrero said for newcomers to the sport, the camp was definitely a good way to introduce them to volleyball.

Davis agreed with Rabago that what the series of volleyball camps proved to NMIVA is that there is indeed a lot of volleyball players who want to commit to the sport. “A lot of kids want to play. A lot of kids,” she said.

SBL

From Page 20

vey, and all the Dodgers from the ‘80s,” he said when asked about his favorite team and players growing up by the Bay.

And Santos hopes not only to resuscitate the men’s league through his baseball passion but also to have a hand in bringing back youth baseball to its former glory.

“It’s the hope going forward for the Saipan Baseball League not only to field a national team next year [for the 2022 Northern Marianas Pacific Mini Games] but also help assist Saipan Little League Baseball in getting the youth programs going because that’s where the foundation begins. We need to get youth baseball back up and going,” he said.

SBL’s membership with the World Baseball Organization will allow Santos and the new SBL board to do just that.

“We have plans in putting together a U15, U16, and U18 baseball teams and it’s that foundation that we need baseball to get going again. It’s not that we’re going against the Little League, it’s more like supplementing and augmenting Little League Baseball. It’s just to provide more baseball opportunities for our youth here in the CNMI.”

Santos said SBL work-

ing with the CNMI’s youth already got rolling last year when the islands sent a U15 team to a World Baseball Organization tournament in Guam.

“Thanks to the work of former SBL board members Tony Rogolifoi and Rose Igitol, last year in January we were able to send a team to a World Baseball Organization tournament in Guam, where our U15 players competed against Guam and New Zealand for a chance to go to the tournament in Tijuana, Mexico,” he said.

Again, Santos emphasized that they’re not usurping the authority of the SLLB but are working through WBO to develop the islands’ up-and-coming baseball players.

“It’s that body that we want to piggyback on and try to get more baseball activities going on as well. Again, this is not to go against Saipan Little League Baseball.”

Santos admitted for SBL to survive and thrive it needs to tap into the next generation of baseball players and that’s why he’s all in developing the organization’s youth program.

“We need to get our ducks on order and quite frankly some of the board members we have now were surprised to hear my proposal to get active on youth baseball as well.

It’s something that they’re not used to. It’s nothing against them it’s just the Saipan Baseball League is historically just about organizing the men’s league. But at this point in time right now, if we keep going there won’t be any more men’s league until we get a really strong foundation on youth baseball. Baseball was the No. 1 sport on island as recent as 8 and 10 years ago.”

The SBL official said it’s about time to put the sport back to its proper place after a couple of years of inactivity brought about by natural disasters and the pandemic.

“You look at the history of baseball and the tournaments we competed in the past, specially the men’s team. We’ve won in the Pacific Games and the Micronesian Games in the past. We also have a number of players that have gone on and played Division I and Division II baseball in the States. We need to grow on that. It’s exactly what the CNMI needs to put baseball back on the map.”

Another item in Santos’ bucket list is to promote the islands’ baseball facilities as an ideal spring training ground for professional teams in Japan and South Korea. That would be in line with the Marianas Visitors Authority’s

much-touted sports tourism program.

“If we don’t take the route of trying to sell the facilities to whether it’s Korean professional baseball or Japanese professional baseball teams then we’re not doing our job. These facilities, if the plans all go through, will be topnotch facilities and there’s no question and my belief that a number of these teams have stopped coming to the CNMI because the facilities weren’t kept up to standards. It’s not anybody’s fault, no need to point fingers on anybody. But if we have the facilities I think they’re gonna build there’s no question there’s gonna be a lot of interest from these professional teams to come down here and do their spring training and preparation for their leagues.”

And Santos believes that the sports tourism aspect will not only bring much-needed dollars to the CNMI’s coffers, but also facilitate an exchange of baseball knowledge from the professional baseball teams down to the local teams.

“We want to invite these guys to come not only to use our facilities and pay for the facilities to make revenue from it but also to hopefully provide clinics for our youth and our men’s teams so they improve their skills as well.”

SATO

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ing more. Fortunate to have no accidents this time. I like a flat course like this,” he added.

Third place in the men’s open went to Jalen Lucido who ran a 13:35.70 with Saimon Necessito at fourth with a time of 19:56.07. Sildrey Velorio won the men’s 18-and-under with a time of 12:29.60, while SIS headmaster Dr. Ron Snyder topped the men’s 55-59 age group at 14:39.42. Chong Nam Lee was first in the men’s 60-and-over at 13:38.21.

Cabrera, for her part, was the fastest woman and topped the 18-and-under as well after cutting the tape in 12:45.68. She was followed by women’s open winner Gabrielle Race and women’s open second placer Denise Myers with times of 12:58.98 and 13:03.46, respectively. Anika Snyder came in third in the women’s open division at 15:01.07. Juanita Fajardo topped the women’s 60-and-over with a time of 19:58.38.

The SIS student said she liked how she performed in the 3,000m. “I was actually doing well. I thought I was going to die but through all my training in the summer I think I really killed it. I wanted to keep up with the fast runners but they were just way too fast. It was good warmup for tomorrow (Saturday). I can’t wait for the 800m,” she said.

Aside from the Friday’s



China's Yang takes
first gold at uneasy
Tokyo Olympics

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Mind the gap: The
basketball world is
catching up to the US

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SAIPAN TRIBUNE

Sato, Cabrera top 3,000m in July meet

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Veteran runner Kensuke Sato and Saipan International School's Tiana Cabrera posted the fastest overall times in the 3,000m event that was held last Friday at the start of Northern Marianas Athletics' Track and Field Open Meet at the Oleai Sports Complex.

SBL wants to emulate soccer's success

By MARK RABAGO
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Saipan Baseball League president Jay Santos admitted that the popularity of America's favorite pastime in the CNMI has waned the past two years, but through no fault of their own.

Aside from the current COVID-19 pandemic that essentially cancelled the 2020 season, Super Typhoon Yutu way back in 2018 and current repairs to the Francisco "Tan Ko" M. Palacios Baseball Field have robbed local baseball players parts of two seasons.

Now, Santos is looking at the Northern Mariana Islands Football Association for inspiration on how to run a professional and first-class sports federation. "You look at the success of soccer. Props to them and props to [NMIFA president] Jerry Tan and everyone that's been involved in

organizing youth soccer. We've seen how it's developed with the great field that they have at Koblerville and there's no reason we can't do that same thing for baseball. I'm hoping that Patrick Guerrero and the Governor's Authorized Representative Office would come through with the field renovations. Obviously, that old adage 'build it and they will come' is still relevant and I'm very optimistic if we have the facilities for baseball there will be a lot of interest in playing the national pastime," he said in an interview with *Saipan Tribune*.

Born and raised in the U.S. mainland, Santos' passion for the sport is undeniable. The Triple J executive played baseball from when he was 8 years old until high school.

"I love the game. I was a huge Dodgers fan. Dusty Baker, Ron Cey, Steve Gar-

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MARK RABAGO
Saipan Baseball League president Jay Santos, left, and his son and fellow Los Angeles Dodgers fan Mark Toves celebrate the team's 2020 World Series win at Surf Club in Chalan Kanoa.



LAO ZHANG

From left, Chong Nam Lee, Juanita Fajardo, Tiana Cabrera, Gabrielle Race, Ken Song, Denise Myers, Edward Dela Cruz, Sildrey Velorio (partly hidden), Kensuke Sato, Jalen Lucido, and Dr. Ron Snyder in action in the 3,000m event of last Saturday's Northern Marianas Athletics' Track and Field Open Meet at the Oleai Sports Complex.

Sato topped the men's 50-and-over with a time of 11:20.60 to beat open top-notcher Ken Song and open runner-up Edward Dela Cruz, who crossed the finish line in 11:48.80 and 11:56.18, respectively.

The general manager of Kingfisher Golf Links said

winning the 3,000m event was sort of redemption for him after his accidental fall in the Run Saipan's Underground 5K 21.6 "Mangrove Run" last July 10 that cost him a Top 3 finish.

"This was a make-up run.

There was a rope and I didn't see it [during the Mangrove Run]. I was really going fast and there was a rope. Shuji [Kuroda], Marshall [Hoskins], and [Michiteru] Mita, and me were all running together in the last 100m before



my accident," said Sato.

The avid runner said he didn't let his disappointment in the Mangrove Run linger and he just practiced some more after that.

"Good, good run now. After [the accident] I started practicing

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'A lot of kids want to play'

By MARK RABAGO
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If there's anything the series of camps conducted by FIVB Level III certified coach and Oceania Sports Education master educator Mike Rabago these past several months showed is that volleyball is alive and kicking in the CNMI.

Last Friday marked the end of Northern Mariana Islands Volleyball Association's latest weeklong camp at the Agape Gymnasium along Middle Road in Gualo Rai and Rabago said unlike previous camps he was finally able to work with smaller groups this time around.

"I'm getting more interaction with the smaller group. The bigger group I couldn't really stop because they were here in a short timeframe but



MARK RABAGO

FIVB Level III certified coach and Oceania Sports Education master educator Mike Rabago shows participants the mechanics of the next drill he was teaching in the last day of Northern Mariana Islands Volleyball Association's weeklong camp last July 23 at the Agape Gymnasium along Middle Road in Gualo Rai.

the smaller group I can change the different types of skills and drills for every age category. That was the plan it's for the federation to really see what age groups they have in the 18- and-under and those in the 14-and-under," said Rabago.

The Team Guam coach said his work is far from over and he hopes to come back for

a couple of more volleyball camps to fine-tune what he already taught.

"I have a couple of more visits to try and refine the national team and then take a look at how the coaches are doing....It's a different game style to what I'm teaching and these guys it's hard to teach something new in two

days but if the coaches pick up any feedback from me and they implement it then when I come back hopefully these guys can demonstrate it and I can up the caliber of the drills and all that."

However, Rabago admitted that NMIVA has gone a long way since he first started conducting camps in April.

"The very first time we didn't know we're gonna have these many people because according to the new officers of the federation they didn't have numbers or anything like that. One goal is to 'let's get numbers down and see how many show up' and after that 90-plus showed up. And then the next goal was let's break them down and let's unify the age groups and let's see how many come up. It's a group of kids that the federation now can [assign] coaches and say 'hey someone takeover the U18 group' or 'someone takeover the U16 group,'" he said.

Last Wednesday also saw

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